

WEIGHT-LOSS SPECIAL

Men's Health

JULY 2015 ₹150

THE MAGAZINE MEN LIVE BY

FROM FAT TO FLAT

BETTER SLEEP, LESS STRESS

7 SEX MOVES TO ROCK HER WORLD TONIGHT!



THIS MH
READER
WENT FROM
CHUBBY TO
CHISELLED
**YOU CAN
TOO!**

BUILD BICEPS THAT POP

LOOK BETTER INSTANTLY

(JUST AVOID THESE MISTAKES)

The Men's Health Guy
SAHIL AURORA
"When idols become rivals... you know
you've worked (out) hard enough." P68

ARE YOU THE NEXT MEN'S HEALTH COVER GUY?

DETAILS ON P34

RNI No. DELENG/2006/18661

Men's Health
www.menshealthindia.com



PLUS! THE INDIAN MAN'S GREATEST INSECURITY—BANISHED! P56



Smart News FOR Smart Generation

Now on your phone

CLICK HERE TO DOWNLOAD



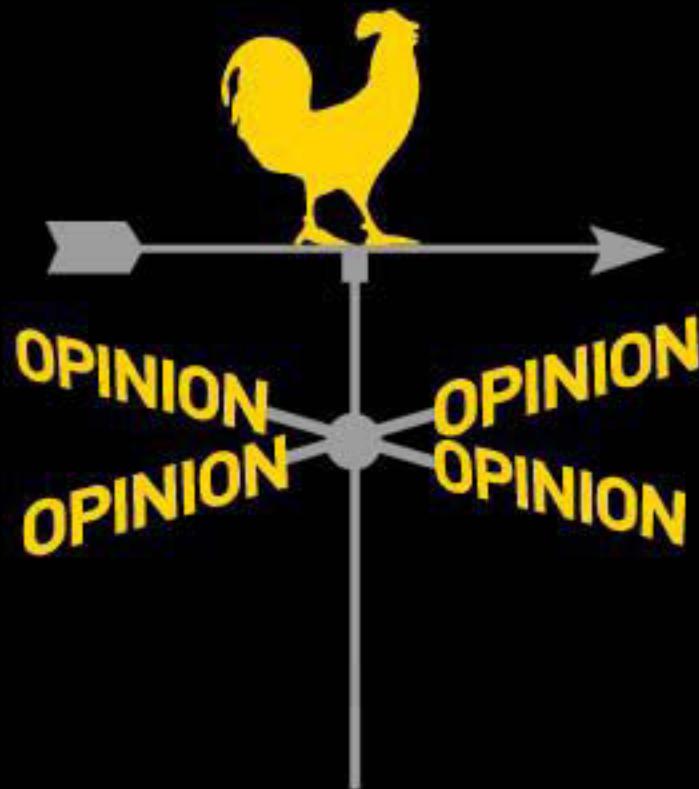
Available on the
App Store



ANDROID APP ON
Google play

www.newsflicks.com





OPEN TO OPINION

www.dailyo.in

FEATURES / COVER STORIES

07.15

FROM FAT TO FLAT

The last 10kgs are the hardest to fry. Here are five moves to melt them away

PAGE 68

50

Better Sleep, Less Stress

Get some shut-eye to ward off diabetes and heart disease

56

The Indian Man's Biggest Insecurity—Banished!

The cure for which lies in your body image and something more drastic

64

Build Biceps That Pop

Get your guns firing live rounds in just three weeks!

70

Sex Moves To Rock Her World

Get back in the gym to reap some of the raunchiest rewards in the bedroom

108

Look Better Instantly

No more combing over the facts—we have all you need to give your mane a slick upgrade

Weight Loss Special

To torch the fat, not muscle, you need to know the essentials to weight loss. The 12 pages, will show you how to do so without the sweat, blood or tears.

Men's Health Personal Trainer



INDIA TODAY

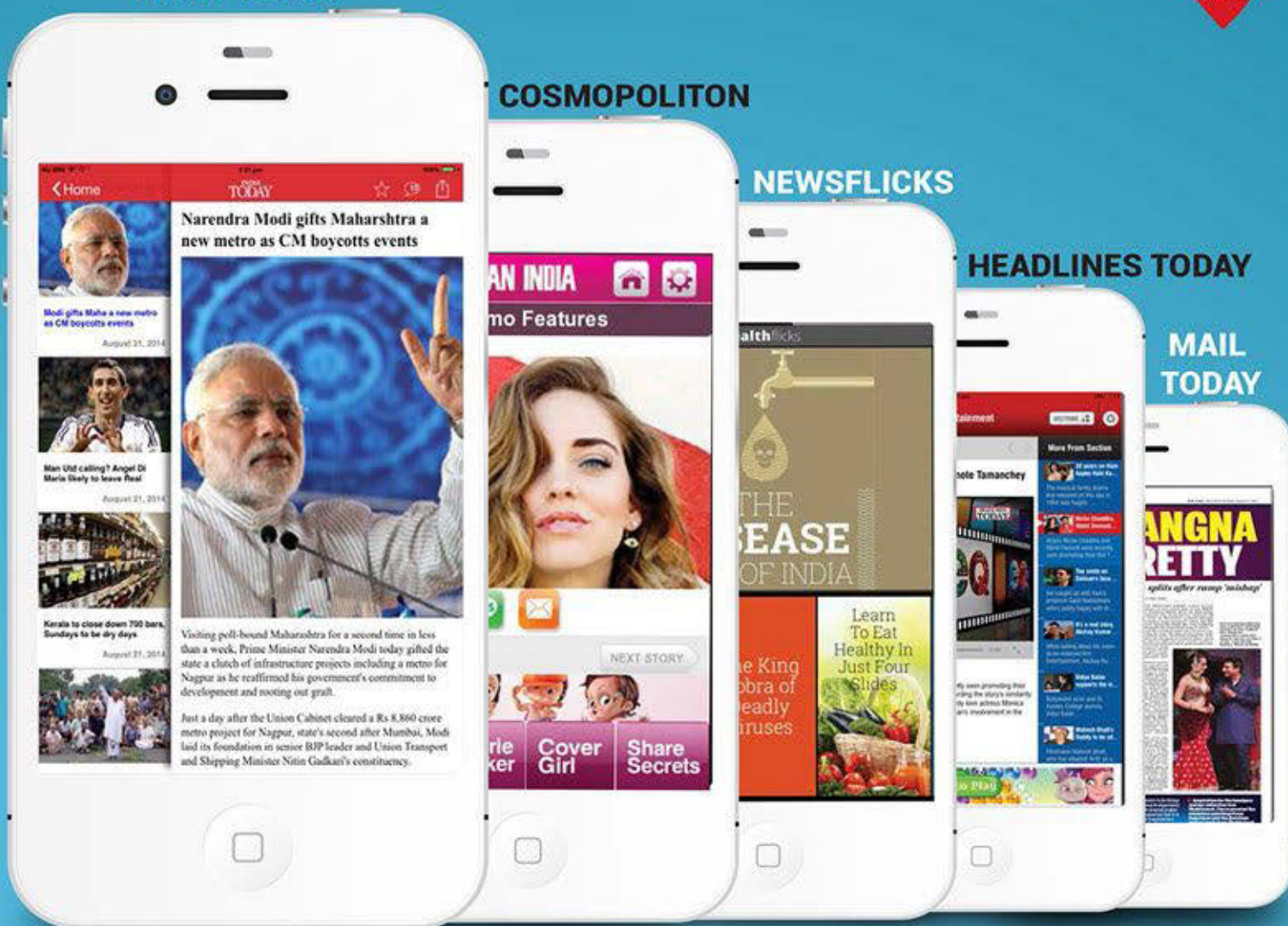


COSMOPOLITON

NEWSFLICKS

HEADLINES TODAY

MAIL
TODAY



STAY CONNECTED
STAY INFORMED

WITH
INDIA TODAY GROUP APPS



Available on the
App Store

ANDROID APP ON
Google play

DOWNLOAD INDIA TODAY APPS

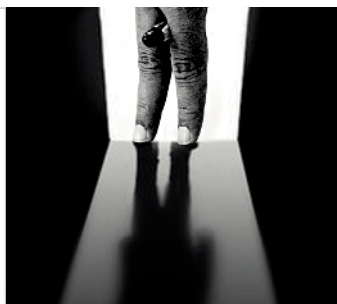
visit WWW.INDIATODAY.IN/APPS



36



28



56



54

15

Keep Buggers At Bay

Lay low on the moth-attraction metre

26

Royal Rubdown

Indulge for guaranteed health and mood benefits!

29

Tame Your Appetite

Stick to these rules to stick to your diet

39

Kitchen Crimes

If you want to lose weight, avoid these offences in the kitchen. And get bigger muscles too!

17

Banish Knee Pain

With a simple glass of red every week

18

Pump It Up

Use your selfie obsession to increase muscle mass

46

Bulletproof Your Heart

Follow this easy routine for God-like muscles and better health

54

Get Out Of The Rut

Like this IT professional who's got a ripped body now

28

Spread The Joy

Get high on life with these drug-free mood-boosters!

44

What's In Your Energy Drink?

And why it's adding to your waistline

63

The Weight-Loss Competition

The ultimate vegan versus meat-eater showdown

67

The Bad, The Fad And The Ugly

We chaff the muscle-making diets from the fake ones

15

Face The Facts

She wants to make it official? Our *MH* columnist shows the way out

20

Recharge Her Libido

Sweat your way to better sex!

22

Take The Longer Route

Don't let the distance drive you (and her) away

48

Thrill Her (Almost) Every Time

Stick to these instructions and there's an 80 per cent chance of an orgasm

14

Save Your Phone

Hit the rice before you hit the panic button

30

Fix A Patchy Beard

Our experts tell you how

31

Get An Instant Style Upgrade

To impress her and your boss!

36

Find Your Groove

Ace tennis champ Somdev Devvarman tells you how to play your cards out of a difficult situation

106

When It's Do or Die

Mohit Marwah on how being born with a silver spoon doesn't necessarily equate to success

NEWS YOU'LL USE...

24 Age Matters

Pooja Bedi on why cougars prefer younger prey

27 Stick Out

Anant Joshi on keeping one of your smallest joints working smoothly

31 Watch It

Raghavendra Rathore on three things that can get you brownie points with the ladies

33 Ask Ayushmann Anything

Listen up to the funny man on how to take that dream vacation (and keep your job!)



ON THE COVER

MH Guy Sahil Aurora
Photographer: Sayan Sur Roy
Make-up and Hair:
Sanjay Prabhakar
Sahil is wearing *Levi's* jeans

MANforce[®]



Chocolate Flavoured Condoms


*Excitement
she can't hide...*



*As per AC Nielsen Dec. 2014.

Website: www.manforcecondoms.com | Toll Free No.: 1800 103 4400

 <http://www.facebook.com/Manforceindia>  <http://twitter.com/Manforceindia>

 <http://www.youtube.com/manforcecondoms> | Use of condom prevents AIDS. कॉण्डोम का प्रयोग एड्स रोकता है



Men's Health

The World's Largest Men's Magazine



HOW TO CONTACT US

EDITORIAL

Men's Health,
Living Media India Ltd.,
India Today Group Mediaplex,
FC - 8, Sector, 16/A, Film City,
Noida - 201301
Tel: (0120) 4807100
Fax: (0120) 4807150
E-mail at
menshealth@intoday.com

SUBSCRIPTIONS

For new subscriptions,
renewals, gifts, payments,
and change of address:
Customer Care,
India Today Group,
A-61, Sector-57,
Noida (U.P.) - 201301.
Tel: (95120) 2479900
from Delhi & Fbd
(0120) 2479900
from Rest of India
Fax: (0120) 4078080
E-mail: wecarebg@intoday.com

REPRINTS

To order the reprints of
articles contact:
Vishwalok Nath
Head - (Syndications)
The India Today Group Digital
A - 61, Sector 57,
Noida - 201301, India
Ph: (0120) 4078169
Fax: (0120) 4078150
Email:
vishwalok.nath@intoday.com;
syndications@intoday.com
Website:
www.syndicationstoday.com

PERMISSIONS

For permissions to copy or
reuse material from MH:
To order the reprints of articles:
Vishwalok Nath
Head - (Syndications)
The India Today Group Digital
A - 61, Sector 57,
Noida - 201301, India
Ph: (0120) 4078169
Fax: (0120) 4078150
Email:
vishwalok.nath@intoday.com;
syndications@intoday.com
Website:
www.syndicationstoday.com

ADVERTISING

A1-A2, Enkay Centre,
Ground Floor,
V.N. Commercial Complex,
Udyog Vihar
Phase - 5,
Gurgaon - 1220016
Tel: (0124) 4948400
Fax: (0124) 4030919

Mumbai
1201, 12th Floor, Tower 2 A,
One Indiabulls Centre,
(Jupiter Mills)
S. B. Marg, Lower Parel (West),
Mumbai - 400 013
Tel: (022) 66063355
Fax: (022) 66063226

Ahmedabad
2/C, Suryarath Building,
2nd Floor, Behind White
House, Panchwati,
Off C. G. Road,
Ahmedabad - 380 006.
Tel: (079) 26560393/
092926441854/26569156
Fax: (079) 26422284

Bengaluru
202-204, Richmond Towers,
12, Richmond Road,
Bengaluru.
Tel: (080) 22220998
2222448/0810/0188
Fax: (080) 22218335

Hyderabad
6-3-885/7/B, Somajiguda,
Hyderabad - 500 082.
Tel: (040) 23400479/1657/2481
23410100/0942/1498
Fax: (040) 23403484

Chennai
5th Floor, Main Building No.
443, Guna Complex,
Anna Salai, Teynampet,
Chennai - 600 018.
Tel: (044) 28478525
Fax: (044) 24361942

Kolkata
52, J. L. Nehru Road,
4th Floor, Kolkata - 700 071
Tel: (033) 22825398/7726
Fax: (033) 22827254

EDITOR-IN-CHIEF **Aroon Purie**

GROUP CHIEF EXECUTIVE OFFICER **Ashish Bagga**

GROUP EDITORIAL DIRECTOR **Raj Chengappa**

EDITORIAL DIRECTOR **Jamal Shaikh**

MANAGING EDITOR **Chirag Mohanty Samal**

ASSOCIATE EDITOR—FITNESS **Regi Jenarius**

JUNIOR ASSISTANT EDITOR **Sohani Dogra**

SENIOR FEATURES WRITER & SUB EDITOR **Priya Talwar**

FEATURES WRITER & SUB EDITOR **Arushi Sharma**

CREATIVE DIRECTOR **Piyush Garg**

ART DIRECTOR **Sunil Kumar Mallik**

MANAGING ART DIRECTOR **Amit Malik**

ASSOCIATE ART DIRECTOR **Azad Mohan**

DESIGNER **Kishore Rawat**

FASHION STYLISTS **Mia Kumari, Kevin K. Marak**

PRODUCTION DEPARTMENT

Harish Aggarwal (CHIEF OF PRODUCTION), **Narendra Singh, Rajesh Verma**

GROUP BUSINESS HEAD **Manoj Sharma**

ASSOCIATE PUBLISHER (IMPACT) **Anil Fernandes**

IMPACT TEAM

SENIOR GENERAL MANAGER **Jitendra Lad** (WEST),

GENERAL MANAGERS **Uppendra Singh** (BENGALURU), **Velu Balasubramaniam** (CHENNAI),

DEPUTY GENERAL MANAGER **Kaushiky Chakraborty** (EAST)

MARKETING **Vipul Hoon** (GENERAL MANAGER), **Reynold Robert** (BRAND MANAGER)

NEWS STAND SALES

D. V. S. Rama Rao CHIEF GENERAL MANAGER, **Deepak Bhatt** GENERAL MANAGER NATIONAL SALES,

Vipin Bagga DEPUTY GENERAL MANAGER (OPERATIONS), **Manish Kumar Srivastava** REGIONAL SALES

MANAGER (NORTH), **Joydeep Roy** REGIONAL SALES MANAGER (EAST), **Rajeev Gandhi** REGIONAL SALES MANAGER

(WEST), **Arokia Raj L** REGIONAL SALES MANAGER (SOUTH)



VOLUME 10 NUMBER 7

Men's Health reserves all rights throughout the world. Reproduction in any manner, in whole or part, in English or other languages, is prohibited. Men's Health does not take responsibility for returning unsolicited publication material.

Published and distributed monthly by Living Media India Ltd. (Regd. Office: K-9, Connaught Circus,

New Delhi - 110001) under license granted by Rodale Inc, publisher of Men's Health in the United States.

All disputes are subject to the exclusive jurisdiction of competent courts and forums in Delhi / New Delhi only.

Published & printed by Ashish Bagga on behalf of Living Media India Limited. Printed at Thomson Press

India Limited 18 - 35, Milestone, Delhi - Mathura Road, Faridabad - 121 007, (Haryana). Published at K - 9, Connaught Circus,

New Delhi - 110 001. • Editor: Jamal Shaikh

The reporting in Men's Health is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by researchers cannot be used to diagnose or treat individual health problems. A health-care professional can best guide you.

MEN'S HEALTH GLOBAL EDITIONS/EDITORS-IN-CHIEF

AUSTRALIA Luke Benedictus	MALAYSIA John Ng	SPAIN Jordi Martinez	LATIN AMERICA Francisco Cuevas
BRAZIL Sergio Xavier	MONGOLIA Munkhdelger Tuvshin	THAILAND Chatchawin Unhanun	ARGENTINA
BULGARIA Vladimir Konstantinov	NETHERLANDS Ronald Janus	TURKEY Fatih Büyükbayrak	EL SALVADOR
CHINA Zhou Song	PHILIPPINES Allan Madrilajos	UNITED KINGDOM Toby Wiseman	ARUBA
CROATIA Robert Frkovic	POLAND Krzysztof Komar	MIDDLE EAST Andrew Nagy	CHILE
FRANCE Patrick Guerinet	PORTUGAL Pedro Lucas	BAHRAIN	COLOMBIA
GERMANY Markus Stenglein	ROMANIA Mihai Ghiduc	KUWAIT	COSTA RICA
GREECE Vassilis Georgakakos	RUSSIA Kirill Vishnepolsky	OMAN	CURAÇAO
HUNGARY Máté Pásztor	SERBIA & MONTENEGRO Ivan Radjoic	QATAR	DOMINICAN REPUBLIC
INDONESIA Pangesti Bernardus	SINGAPORE Kelwin Tan	UNITED ARAB EMIRATES	VENEZUELA
ITALY Enrico Barbieri	SOUTH AFRICA Jason Brown		
KAZAKHSTAN Asset Abdirov	SOUTH KOREA Seung Kwan Paik		

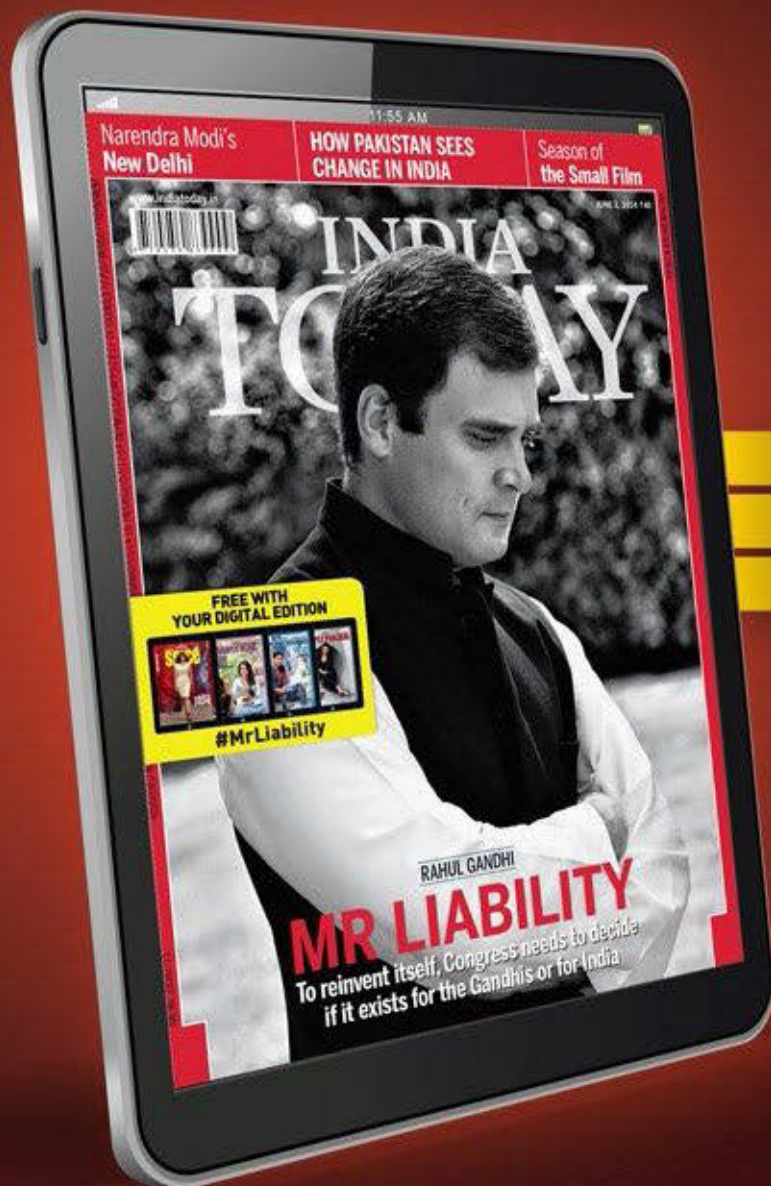


RODALE INTERNATIONAL

SVP, International Business Development and Partnerships Robert Novick
Executive Director, Business Development and Global Licensing Kevin LaBonge
Director, Business Development and Global Licensing Angela Kim
Director, Global Marketing Tara Swansen
International Finance Manager Michele Mausser
Administrative Assistant Shoi Greaves

Editorial Director, Rodale International/Director of Content, Rights & Photo Operations John Ville
Editorial Director, Men's Health and Women's Health Laura Ongaro
Editorial Director, Runner's World, Bicycling, Prevention & International Branded Books Veronika Taylor
Senior Content Manager Karl Rozenmeyer
Associate Editor Samantha Quisgard
Production Assistant Denise Weaver
Editorial Assistant Natanya Spies

INDIA TODAY DIGITAL MAGAZINE



ANYTIME

ANYWHERE

ANY DEVICE*

SUBSCRIBE NOW

www.intoday.in/digitalmagazine

Available on the
App Store

ANDROID APP ON
Google play

AVAILABLE ON



Android



iPad



iPhone



Kindle



Mac



PC

Scan to visit the page

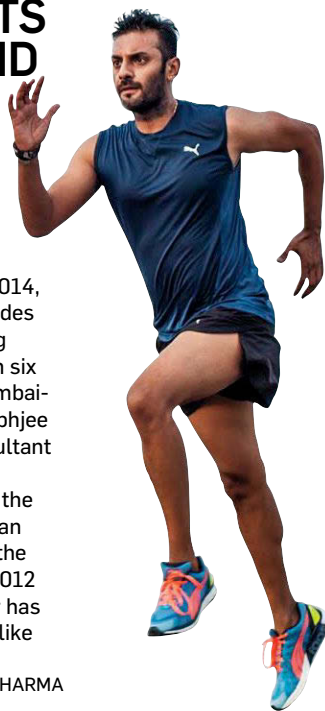


HOW TOP EXPERTS STAY STRONG AND HEALTHY

ON CALL THIS MONTH
SPORTS SCIENTIST
Shayamal Vallabhjee

Winner of the *Men's Health* Best Personal Trainer award in India in 2014, **Shayamal Vallabhjee's** resume includes feats like running a 100K, sumitting Mt Kilimanjaro and cycling 950km in six days. As the director of HEAL, a Mumbai-based sports medicine centre, Vallabhjee started working as a technical consultant for professional cricketers when he was just 18. Today he's worked with the Indian cricket team, the South African high performance cricket team and the Indian contingent at the 2008 and 2012 Olympics. The self-published author has also personally trained tennis icons like Mahesh Bhupathi and Sania Mirza.

—ARUSHI SHARMA



HOW I EAT CLEAN ON THE GO **VEGANISM**

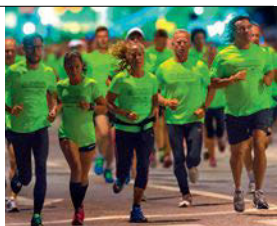
I'm a vegan and I've travelled to more than 120 countries and never had an excuse to not eat clean. I look at food as medicine; what I eat is how I'm going to feel. I eat a lot of fruits for fibre and nutrients. They keep me fuller for longer and keep hunger pangs at bay.

WORKOUT TECHNIQUES I SWEAR BY **INTERVAL HILL REPEATS**

Interval training on a steep incline is one of the best ways to get a great workout, irrespective of how much time you have. I also don't like to lift heavy weights, which is why I prefer bodyweight exercises like pull-ups, push-ups and even a little parkour.

HOW I DE-STRESS **MIDNIGHT RUNS**

I go for an hour-long run around midnight or 1am. Roads are mostly deserted which helps me break away from the 'corporate' frame of mind. Also, if you're hungover, there's no better fix than a good run!



HOW I DETOX AFTER A NIGHT OUT **EAT CLEAN**

I start to hydrate as soon as possible, even the night before. The next day I eat exceptionally clean foods like boiled and raw vegetables. Your body craves sugary and fatty foods, which in reality, slow down your metabolism and inhibit the absorption of nutrients, so you're hungover for a longer period of time.



ALTERNATIVE MEDICINE

Isaac Mathai

Dr Isaac Mathai carries the legacy of a family that has been into homeopathic practice for more than half a century. He is the chairman of Soukya International Holistic Health Centre, Bengaluru.

Farokh J Master

Dr Farokh J Master, director of the Homeopathic Health Centre, Mumbai, and author of over 36 books, including several bestsellers, has taken homeopathy to a level previously unseen.

NUTRITION

Mary Ellen Camire, PhD

Dr Mary Ellen Camire, PhD, a food-science communicator for the Institute of Food Technologies, is a professor of food science at the University of Maine, US.

MENTAL HEALTH

Rajesh Parikh

Dr Rajesh Parikh, a poet, painter, photographer and one of India's leading neuropsychiatrists, has won over 200 awards and published numerous scientific papers in international journals. He is associated with Jaslok Hospital, Mumbai.

EXERCISE SCIENCE

PV Jayasankar

Dr PV Jayasankar is a Chennai-based orthopaedic surgeon who brought exercise science as a speciality to the centre stage and aims to spread the science all over the country.

DENTAL HEALTH

Sandesh M Mayekar

The man behind the perfect smiles of various Miss Worlds and Miss Universes, Dr Sandesh M Mayekar is one of the world's top practitioners of aesthetic and cosmetic dentistry. He maintains a multi-speciality dental practice at Craniofacial Aesthetics in Mumbai.

UROLOGY

Larry I Lipshultz, MD

Larry I Lipshultz is the chief of the division of male reproductive medicine and a professor of urology at Baylor College of Medicine in Houston.

CARDIOLOGY

Sharukh Golwalla

Dr Sharukh Golwalla is a consultant cardiologist at Mumbai's Breach Candy and Jaslok Hospital and has co-authored four books with his cardiologist father Dr Aspi Golwalla.

Prediman K Shah

Dr Prediman K Shah, director of the division of cardiology at the Oppenheimer Atherosclerosis Research Center at Cedars Sinai Medical Center in Los Angeles, has published over 500 scientific papers and is a professor at the UCLA School of Medicine.

DERMATOLOGY

Shrilata Trasi

Dr Shrilata Trasi, one of the first Indian women to take up dermatology as a profession, is a consultant at Hiranandani Hospital, Mumbai, and has Shahrukh Khan and Madhuri Dixit Nene among her clients.

SPORTS MEDICINE

Anant Joshi

Dr Anant Joshi, a nationally recognised arthroscopy expert, is a consultant with Bombay Hospital and Medical Research Centre. He is also a sports medicine consultant to the BCCI.

WEIGHT LOSS

Muffazal Lakdawala

Dr Muffazal Lakdawala, a specialist in laparoscopic weight loss surgery, is the founder of Centre for Obesity & Diabetics Support and is the vice-president of the Obesity Surgery Society of India.

SEND IN YOUR QUESTIONS TO THE EXPERTS at menshealth@intoday.com or WRITE TO MEN'S HEALTH, India Today Mediaplex, FC - 8, Sector 16/A, Film City, Noida - 201 301

WHEN YOU ARE LOSING HAIR, EVERY STRAND MATTERS

**SO DON'T WAIT ANOTHER DAY,
VISIT BERKOWITS FOR 360° HAIR LOSS CONTROL SOLUTIONS**

The longer you ignore hair loss, the greater is your chance of going bald. But don't you worry, Berkowits, in technical collaboration with HLCC™, the global leader in hair loss control solutions, helps you arrest hair fall with advanced treatments & solutions. After all, nobody knows hair better than us.



ROBOTIC HAIR TRANSPLANT

- Robotic Direct Hair Transplant (RDHT)
- Feather Touch Direct Hair Implantation (FTDHI)
- Trichophytic Closure
- Combination of Hair Transplant and Hair Replacement (SYMBIOS)



HAIR LOSS TREATMENT

- Proven Treatment for any stage of Hair Fall / Hair Loss
- US FDA Approved Laser Technology for Hair Loss
- Platelet Rich Plasma Therapy (PRP)
- Clinically Successful Meso-Rollers with Growth Stimulators
- Treatment for Male / Female Pattern Baldness and Alopecia
- Customized and internationally acclaimed Hair Loss Treatment from HLCC™, USA



HAIR REPLACEMENT

- Natural Looking Hair in Just 2 Hours
- India's Largest Hair Replacement Company
- Latest and Wide Range of Hair Skins
- High Definition Hairline & Full Head of Hair
- Quality Post Treatment Care
- Wigs for Cancer Patients Undergoing Chemotherapy

Gods of Fat-Fighting

The least important thing losing weight does is make you look good

I have a confession to make. On the seven Tuesdays that I walked from my home to Siddhivinayak Temple in the weeks preceding my HSC results, my first prayer to God was not that I do well in my exams; it was to ask him to help me get thin. I'd be a senior in college next year, out of a stuffy school uniform, and I needed to look like I'd never looked before: Presentable and slim!

As it turned out, when the fat kid in me transformed into a fit young man, I learnt that looking in shape was the smallest achievement of them all. For weight-loss brought with it a plethora of add-ons: Confidence, pride, attention and—what we'd call in the age of hashtags—a #swagger that could triumph all odds. It was like completing a marathon; you may not be the fastest or fittest of them all, but you're certainly the most proud at having accomplished a commitment you made to yourself.

Our weight-loss issue fronts itself with a cover story with tons of such inspiration. Sahil Aurora was a Delhi lad and younger brother of a sports captain; cherubic, chubby and cute. "I used to pull my baggy T-shirt away from my torso out of self-consciousness," he says on p68. "But today, I'm not the invisible guy at the corner of the photo frame. I'm the *Men's Health* guy on the cover of this magazine!"

Guess what? You could be on our cover as well. If you think you have the looks, charm and physique to make the cut, the opportunity lies right in this issue. Turn to p34 for details on how to register, make a small payment of Rs 2,500, and win yourself an invitation to the mega *MH* Cover Guy event, a chance to meet and interact with the editors of *MH*, be photographed by India's top photographers and appear onstage to compete for your spot on the cover.

In other parts of this magazine, you'll find advice to help you get there. Five single



guys have their refrigerators raided for nutrition value by *MH* experts (p39); a close look at caffeine reveals super values that could help you indulge wisely (p44); and a Special Report on the most personal size-enhancing surgery known to man, throws up some shocking comparisons (p56).

Go on, invoke the Gods of fat-fighting, excuse-busting and temptation-resisting. You'll be surprised to find that your bigger gains will be less in body and more in mind and spirit. Just like I did.

J.S.

JAMAL SHAIKH

twitter.com/JamalShaikh
instagram.com/JamalShaikh
pinterest.com/JamalShaikh
facebook.com/JamalSShaikh



Men's Health India is available on the iPad. Go to www.MensHealthIndia.com/digitalmagazine today!

➤ We couldn't have done it without



MOHIT MARWAH | PAGE 99

An avid traveller, music lover and bathroom-singer with plans to reveal his singing abilities to the world one day, Marwah has enlisted himself among the upcoming stars of Bollywood with his debut movie *Fugly*.

Hi Mohit, what is the biggest mistake that India men make when trying to lose weight? How can it be rectified?

Indian men put in all their efforts at the gym but hardly spare a thought for the diet. It is mandatory to complement a workout with a healthy meal to see results, else the effort is futile!



STEVEN MICK | PAGE 108

Mick has a knack for makeovers; hand him a pair of scissors and he will give you a whole new look. However, the international creative director at Bllis by Ravissant loves to extend his creativity beyond the studio.

Hey Steven, what's the prevalent flaw in Indian weight-loss regimes? How do we set it right?

Depending on fake protein supplements to fight weight issues is the biggest mistake. Supplements affect the kidneys, liver and can also cause the body to swell. Being irregular to the gym also results in weight-gain, so the best solution is to adapt a healthy lifestyle.



PALLAVI SRIVASTAVA | PAGE 113

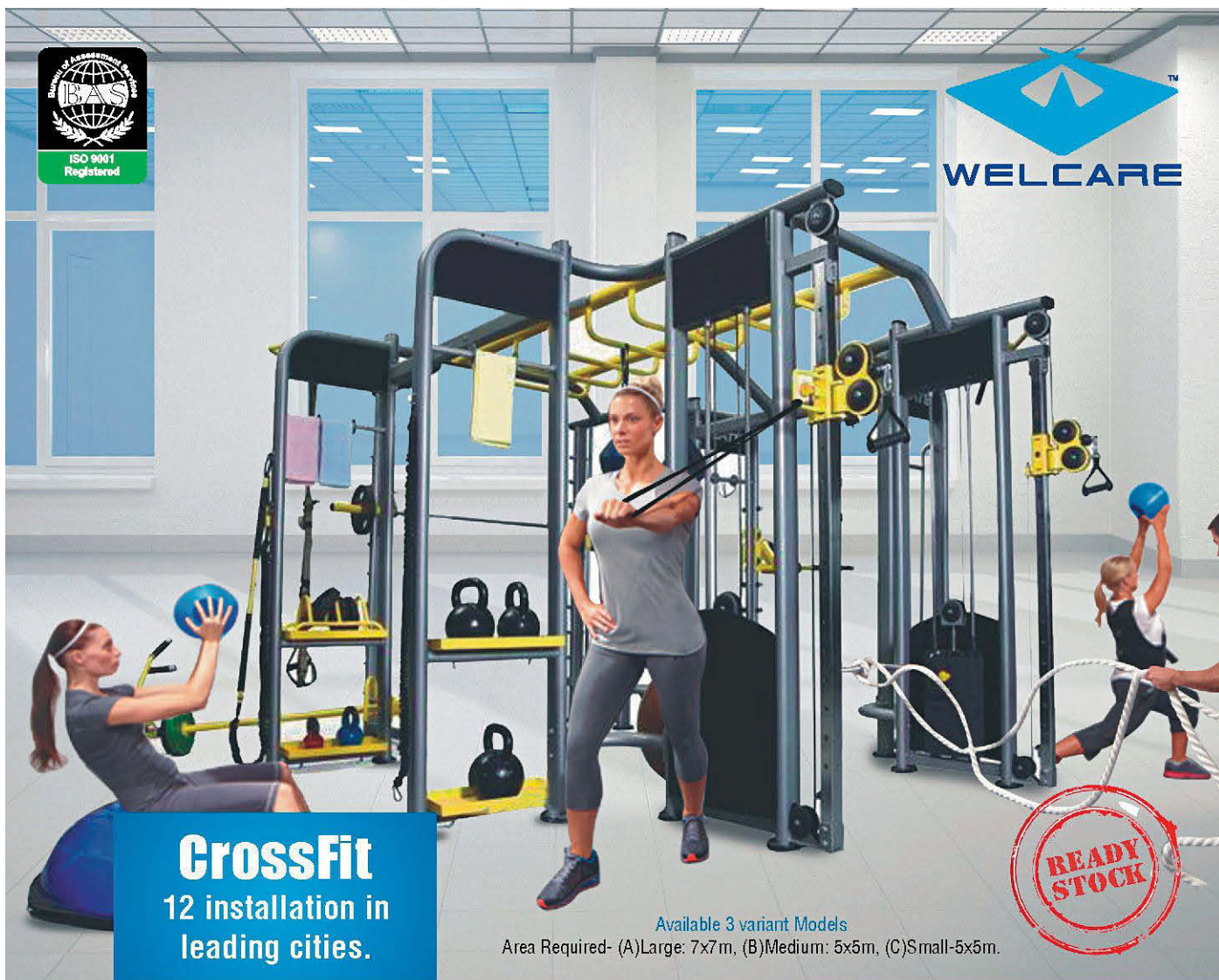
A fitness nutritionist, Srivastava helps people fight fat and stay healthy for a living. A major part of her time goes in reviewing foods at restaurants and 5-star hotels, but she has managed to escape the weight trap herself.

So Pallavi, tell us where do Indian men err when it comes to weight loss? Any way to correct it?

Skipping meals or eating less while pursuing speedy weight loss is the biggest blunder you can make. It slows down your metabolism, making it even harder to lose weight. Follow a balanced diet, increase the number of times you eat (in lesser portions), and lose weight in a healthier way to maintain it.



WATCH STORIES FROM THIS MAGAZINE COME ALIVE ON **THE MEN'S HEALTH AND WOMEN'S HEALTH SHOW** ON INDIA TODAY TELEVISION. EVERY SATURDAY 9.30AM AND SUNDAY AT 6.30PM



CrossFit
12 installation in
leading cities.

Available 3 variant Models
Area Required- (A) Large: 7x7m, (B) Medium: 5x5m, (C) Small: 5x5m.

**READY
STOCK**

Buy online www.welcareindia.co.in

CrossFit Accessories



Rip Trainer



Training System



Suspension Training



Vertical Jump Rope



Recoil 360 Pro



Quick Ladder



Anchor Mount



Lateral Resistor Pro



Training Rope Pro



Battle Rope



Medicine Ball Rebounder



Boxing Bag



Bosu ball PVC

Other Accessories



Adjustable Hand Grip



Digital jump Rope



Toning Tube



Plastic Pushup Bar



3-Level Adjustable
Balance Board.



Kettle Bell



Medicine Ball



Pilates Ring



Yoga set



Peanut Ball+Pump



Aerobic Step-Rubber



Suspension Ring



Weight Slim Belt

For Health club setup call: South India: +91 98652 12755.
Rest of India: +91 99655 25755 .

www.welcareindia.com
www.facebook.com/welcareindia

42 Exclusive Outlets across India and Growing:
Major Cities : Chennai, Bangalore, Hyderabad & 36 Small cities.



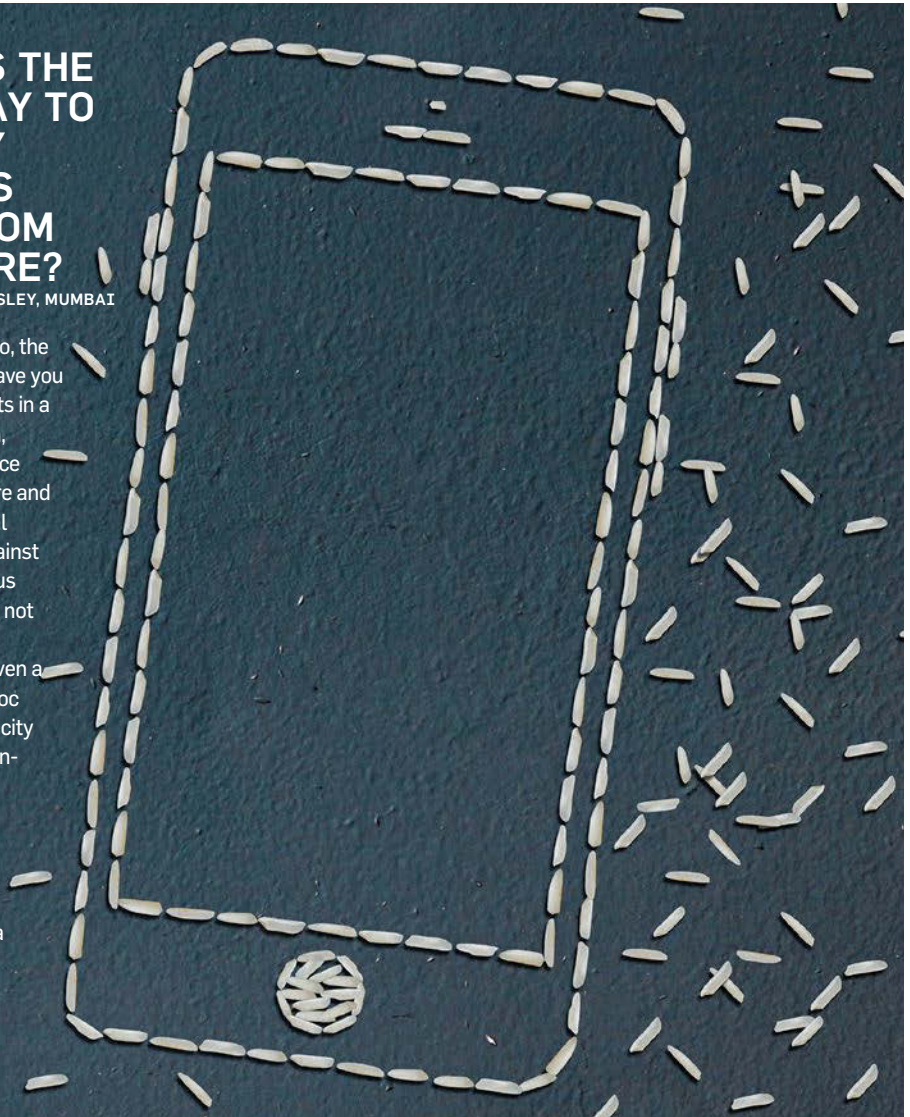
An S & T Group
Enterprise

Q WHAT IS THE BEST WAY TO KEEP MY GADGETS SAFE FROM MOISTURE?

SHANKAR BHOSLEY, MUMBAI

The less moisture you expose your gear to, the better, but in case you can't avoid it, we have you covered. "Immediately place your gadgets in a bowl of uncooked rice," says Akash Singh, technology consultant, New Delhi. The rice quickly sucks up the surrounding moisture and helps it stay safe. While your conventional smartphone cover guards your phone against screen cracks, scratches and more serious damage from dropping your phone, it will not protect it from this frequently reported casualty—the dreaded water damage! Even a small amount of moisture can wreak havoc on your electronic device. If you stay in a city that has high humidity, do clean your often-touched tech, like your keyboard, mouse, laptop, and headphones with simple alcohol or disinfecting spray regularly. "The smartest decision is to keep your digital device in a preferably air-conditioned, well ventilated room and in a spot that is least exposed to sunlight and moisture," suggests Singh.

HIT THE RICE BEFORE YOU HIT THE PANIC BUTTON



Why do I yawn when I exercise?

RAJIV YADAV, LUCKNOW

Because you're Hulk-huge, and working out is mere child's play? Probably not. It's more likely that your brain is trying to cool down mid-workout, says Andrew Newberg, MD, a neuroscientist at Thomas Jefferson University. When you exercise, your head heats up, causing your brain to operate less efficiently. Every time you yawn though, you suck in extra O₂, which boosts bloodflow to your brain and helps reduce the temperature. The result: You're able to exercise longer and more effectively, Dr Newberg says. Now, if you find yourself yawning almost every other rep, you could be sleep-deprived. If that's the case, take a rest day—and literally rest.

I know movie theatre food isn't healthy, but exactly how bad is it?

NIEL BHUPATI, NEW DELHI

Critics universally pan movie theatre food for its artery clogging trans fat, blood-pressure-boosting sodium and pants-expanding calories. But as bad as it sounds, it might all come down to the choices you make, along with how much you eat. "It all depends on the vendor and how it's made," says Ekta Tandon, a Delhi-based nutritionist. "But some choices are definitely better than others." You're probably better off skipping the ice cream and replacing the coke with water, but when it comes to those burgers and

nachos, sharing can be a good way of cutting calories. But don't be fooled. Even those steamed momos may prove to be deceptive by not being as healthy as they seem. "Once again, it all depends on the vendor," says Tandon. "New ones made of *atta* are fine, but some of them are very high in sodium. Also the quality of ingredients used, like chicken, may not be the best." But, is there a winner? "Popcorn," says Tandon, "but that too, not more than two or three handfuls." So skip the tub and buy the smaller one. If the small popcorn looks too, well, *small*, buy two. Set the second one aside and wait until you finish the first one and see if you really want more.

AM I NORMAL?

Sometimes I think I hear my phone vibrate when no one's actually calling.



FALSE ALARM OR PHANTOM VIBRATION?

ANAND KHANNA, GURGAON

So you're hearing things, and asking if that's normal. Well, it is. In a study in the journal *Computers in Human Behavior*, 89 per cent of people experienced "phantom vibrations" from their phones about once every two weeks. "We're attuned to listening to signals, like a vibration, that alerts us to a text or phone call," says study author Dr Michelle Drouin. "If you associate a text message with something potentially significant, as many people do, you come to expect those signals." You're especially likely to imagine the sounds when you're stressed or anticipating an important message, she adds. If you're fed up with these false alarms, try this: For a few hours every day, move your phone out of reach and turn it off or to silent mode. Repeat for a week, Drouin says, and you'll likely see improvement.

● NORMAL ○ WEIRD

Why are mosquitoes more attracted to me than to other people?

KARAN SHARMA, JAIPUR

If the mosquitoes could talk, they'd probably say "Smells like food to us!" The indictable aromas: carbon dioxide, which some people naturally produce and exhale more of, and lactic acid, which builds up after a tough workout. In addition to being supersniffers—skeeters can smell humans from about 60 feet away—these pests also possess highly evolved heat sensors. That means if your body temperature runs in the above-normal range, they'll have a mothlike attraction to you, says Dr Rajesh Kumar, consultant, internal medicine, Paras Hospital, Gurgaon. So try moving into the shade (to lower your body temp) and talking less (to reduce the CO2 you're spewing). When you're tired of chilling out, bust out the bug spray. Odomos Mosquito Repellent Spray (₹75, apollopharmacy.in) will do the trick.

I tend to slouch when I stand. What can I do to improve my posture?

SIDDHARTH MENON, MUMBAI

Keep your chin up. No, really. Every time you think you're slouching, imagine a tight string protruding from the top of your head, says *MH* fitness expert and columnist Deckline Leitao. You also need to reinforce your core. A lot of men slouch because of weak pecs and abs, two muscle groups that help keep your spine straight. Before bed, do some low-load, long-duration stretching. Lie on the floor and place a rolled-up towel under the most rounded part of your midback. Raise your arms as if you're performing an overhead press. Hold this position for about two minutes and then lower your arms; repeat for a total of 15 to 20 minutes. This will target your spine that may be restricting your ability to stand straight.



ONE-WORD ANSWER

What are the best nutrients to eat in the morning for weight loss?

PROTEIN

A slew of research shows that a high-protein breakfast, like a sprout salad or an egg white omelette, trumps high-carb eats such as cereal. In addition to helping you feel more full after your meal, the effects last all day long. A recent study in the *American Journal of Clinical Nutrition* found that people who ate a high-protein breakfast consumed fewer high-fat and high-sugar snacks in the evening compared to those who started their day with a lower-protein meal.



ASK THE GIRL NEXT DOOR

BY SANGHAMITRA CHAKRABORTY
Editorial Director, Women's Health

Q Stay True
My girlfriend's good friend made a pass at me. Now what?

—VIKAS CHADHA, NOIDA

Well, now you get to see who you are. You've seen various paths this could go down in movies and on TV; you've probably seen a friend or two face these situations. So you know all the risks and perils involved. What you need to remember though, is that there's more at stake here than your sex life, there's another relationship involved. So whatever you do, do it as cleanly as possible.

FIGURE IT OUT

My girlfriend keeps nagging me about changing my Facebook status to "In A Relationship," but I'm not into that public stuff. How do I tell her?

—ASHFAQ ABEEDI, HYDERABAD

You've got to figure out why you're backing away from a public commitment. Is it too soon? Are you not sure where you want this relationship to go? Are you irritated by her 'nagging', which is a pretty rough way to describe someone expressing their insecurities to you, and doing it again and again because you won't respond? What she's really asking is where your relationship is. It doesn't seem you have that figured out. When you do, you won't have a problem knowing what your Facebook page will say.

Get your relationship problems answered by Sanghamitra. Write to her at menshealth@intoday.com



TELL MEN'S HEALTH...

WHAT MH READERS SAY THIS MONTH

SMALL TOWN GUY WITH #SWAG

Vijender Singh on the cover of *Men's Health* reinforced a thought I've had for a while: The time for urban Indian youngsters from metropolitan cities is numbered; it's the small-town guys with #swag that are the toast of the town. Think Kapil Sharma, Sushant Singh Rajput and of course, Vijender Singh. So what if Vijender hasn't made a big mark in Bollywood yet? His thick Haryanvi accent puts him in a unique position to play a character no one else can. And now, with *MH*-worthy six-pack abs, I feel his best is yet to come... even bigger than his sporting wins!

AMOL DEMBLA, ROHTAK

HOW TO CONNECT



@MensHealthIndia



@MensHealthIndia



@MensHealthIndia

EAT OUT, EAT RIGHT

I was quite intrigued to see so many "health food" restaurants pop up all over India (11 Healthiest Restaurants

In India, June 2015), and especially that bicycle-themed restaurant in Chennai! I thought healthy eating

was a Western fad that had just about caught up in Delhi and Mumbai. Here's to eating out, and eating right!

MRUNALINI S, VIA EMAIL



THE ALL-VEG SIX-PACK!

Thank you *MH* for dispelling the myth that vegetarians cannot have six-pack abs. The All-Veg Six-Pack Diet story was much appreciated. At 47, I may be a bit old to be on your cover, but I'll send you my pics as soon as my abs begin to show. Hope you'll reply with words of appreciation.

RACHIT SHYAM, VIA EMAIL

SELFIE VS NO SELFIE

Taking selfies has been diagnosed as a mental disorder, so I don't understand how your article said it was okay for guys in their 20's to post regularly, and men in their 30's should post on weekends. You want your readers to turn into jelly-kneed girls, or what?

AMAN SINHA, VIA EMAIL

It's a new age view that selfies are okay to post on social media for men in their 30's and 40's. Thanks for the mature interpretation. The forward facing camera is a tool, which can be used when needed. To the naysayers: I'm sure the use of lipstick was scoffed when it was first introduced and women were assumed to be too self-obsessed!

KARTHIK C, CHENNAI

MH READERS' POLL

LAST MONTH'S QUESTION

WHEN LOSING WEIGHT, WHAT WORKS FOR YOU BEST?

Going for a run every day	14%
Doing weights to build muscle	16%
Going for a walk post dinner	20%
Brutal dieting-nothing works like that!	25%
Not eating post 8pm	25%

Total: 602 respondents

THIS MONTH'S QUESTION

IN BOLLYWOOD, WHICH KIND OF PHYSIQUE IS ONE YOU'D LIKE TO HAVE?

- ☐ Perfectly chiselled like HRITHIK ROSHAN
- ☐ Always lean like SHAH RUKH KHAN
- ☐ Bulky but fit like SALMAN KHAN
- ☐ A bit soft, but real like RANBIR KAPOOR

Log on to www.MensHealthIndia.com to answer. Watch out for *MH* AUGUST 15 for the results

Write to: TELL MEN'S HEALTH, India Today Mediaplex, FC - 8, Sector 16/A, Film City, Noida - 201 301 or email at menshealth@intoday.com



SOOTHE YOUR
GUT WITH SCENT

QUELL THE QUEASY

Turn down your upchuck setting: According to Canadian research, a whiff of the right scent can help combat motion sickness. When people smelled rose oil and then viewed a 14-minute video designed to bring on nausea, they reported feeling 50 per cent less queasy than those who sniffed leather or nothing at all. Study author Behrang Keshavarz, PhD, says certain odors could elicit positive emotions that are powerful enough to distract your brain from the motion sickness. A sniff of your favorite cologne may offer a similar stomach soothing effect, he says.



ON OUR RADAR

Escape A Deadly Duo

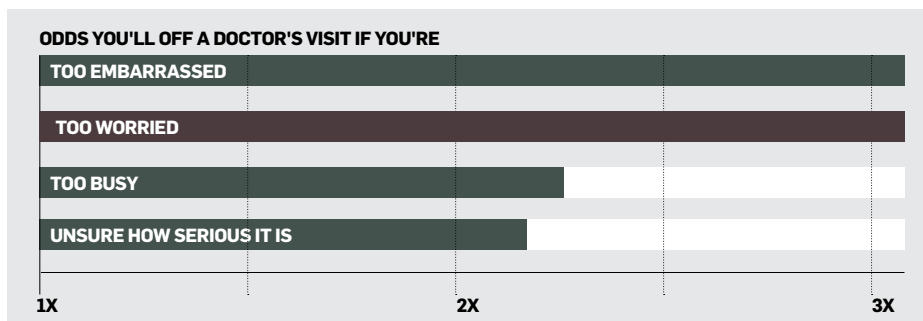
The Reaper is running a two-for-one deal: Having high blood sugar can signal diabetes and raise your odds of pancreatic cancer, according to researchers in Taiwan. Each 10-point increment above 100 mg/dl fasting glucose was linked to a 14 per cent higher risk of pancreatic cancer. Blame the tumor's sweet tooth: Cancer cells rely on glucose for growth, says study author Wei-Chih Liao, MD, PhD. If you can't remember when you last had your blood sugar checked, see your doctor ASAP.

43

PROPORTION OF PATIENTS WHO
WOULD WITHHOLD MEDICAL INFO
FROM A DOCTOR
SOURCE: JOURNAL OF GENERAL
INTERNAL MEDICINE

WHAT ARE YOU WAITING FOR?

Procrastinate at your peril. A study in the *British Journal of Cancer* found that 21% of people with certain types of cancer waited more than three months to see a doctor after noticing a symptom, throwing away valuable treatment time and potentially lowering their survival odds. Why the lag? Here are the top reasons and how much they increased the likelihood of a dangerous delay.



HURTING? IT'S OKAY TO WINE

Between sports and workouts, it's easy to do a number on your knees. So let's raise a glass to this finding: Drinking wine might help you avoid knee trouble. In a UK study, people who imbibed four to six glasses of wine a week were 45 per cent less likely to develop knee osteoarthritis than those who abstained. The key ingredient: resveratrol, a polyphenol that may help prevent and repair joint damage. Sorry, but beer won't do the same trick, possibly because its high uric acid content raises the risk of osteoarthritis.

BUILD BICEPS THAT POP

CONCRETE GAINS

Getting pumped might have benefits beyond vanity. The 'pump'—muscle swelling caused by increased bloodflow—may help you build more mass, according to a *Strength and Conditioning Journal* review. "Your cells adapt to the extra pressure by reinforcing their structure," says coauthor Brad Schoenfeld, PhD, CSCS. Feel the pump—and see it—by doing high reps of isolation moves, like the biceps curl and the chest fly.

A SELFIE MIGHT MEAN MORE MUSCLE MASS!

ON OUR RADAR

Test Of Strength

Do as many bodyweight stepups with your left leg as you can in a minute. Rest for three. Repeat with the right.

This test causes a rapid buildup of lactic acid in the legs, according to scientists.

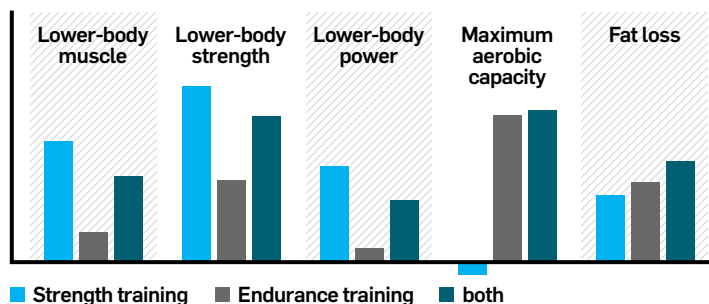
"The ability to withstand that indicates a high level of fitness," says lead study author Brian Nguyen, MS

Passing Score At least 55 reps per leg.

MINUTES OF RUNNING SHOWN TO REDUCE A PERSON'S ANXIETY SOURCE: UNIVERSITY OF ILLINOIS

GAIN MUSCLE, LOSE FAT

Endurance athletes worry that lifting will slow them down; lifters think cardio will make them skinny. But both workouts can coexist—with a few simple rules, says University of Tampa exercise physiologist Dr Jacob Wilson, author of a concurrent-training study.



Train in moderation

You're more likely to overdo it running than cycling. Running uses eccentric-type contractions that may cause damage that can inhibit muscle building.

Don't choose competing exercises

Your cardio and strength routines should involve similar movements so the muscle memory of one won't override the other.

Skip the long, low-key cardio

"Sprinting, which clearly makes you very lean, won't interfere with strength training," says Wilson. Why? Because it's intense and brief, like lifting.

Your muscle saving cardio plan

Short intervals (10 to 30 seconds) of high-intensity cycling or sprinting, for no longer than 20 minutes at a time (including rest intervals).

STAY AHEAD OF THE CURVE

Business Today now available on iPad, iPhone,
Android, Kindle Fire, PC & Mac



Subscribe Now

WWW.BUSINESSTODAY.IN/DIGITALMAGAZINE

Tap to download & subscribe

Available on the
App Store

ANDROID APP ON
Google play

business today

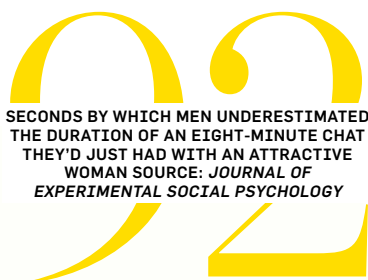
FOR MANAGING TOMORROW

SEX

BULLETIN

THE UPSIDE OF JEALOUSY

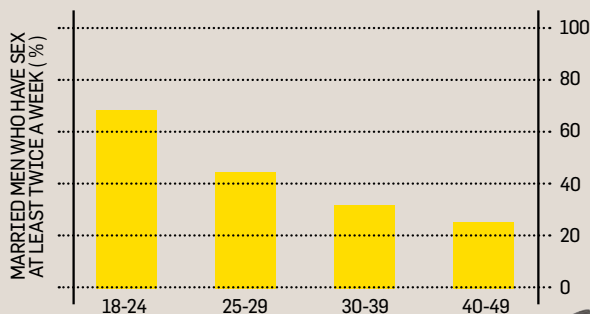
Worried she'll stray? Make that fear work for you. People who thought their partner was being tempted used defence tactics to protect the relationship, according to a study in the *Journal of Social and Personal Relationships*. The tactics, such as spending more time together or being more vigilant to potential threats, paid off: the mates felt more committed. "Guarding our partners shows that we care for them," says study author Angela Neal. Of course, snooping through her cell or telling her she can't go out with friends shows you're psycho.



HAPPY WIFE, HAPPY LIFE

If she feels good, so will you: her sexual satisfaction may be the key to your happiness with the relationship, reports a *Journal of Sex & Marital Therapy* study. Men feel that pleasing their partner is a major responsibility, the study found, so success can be satisfying. And it's not all about orgasms: author Professor Suzanne Bartle-Haring says discussing sex is crucial too.

Getting Enough?



ON OUR RADAR

Seduce Her With Fire

Sexual attraction is really primitive. Tackling caveman challenges like handling fire or swimming in moving water is more alluring to women than taking modern risks like riding a motorcycle without a helmet, a study from University of Alaska finds. Primal physical danger lets you flaunt your evolutionary fitness, the researchers say but 21st-century risks only advertise poor character or lack of good judgement.

Take your pick: rock climbing, whitewater kayaking, or deep-sea-diving—the women in the study found them all sexy.

HEAT UP HER COOLDOWN

Sweat is a lubricant. Research confirms that women who hit the gym have a better time in bed. In a study from the University of Texas at Austin, women with low sex drive (caused by prescription drugs) who worked out regularly for 21 days reported higher sexual desire—especially when they had sex after a workout. Their exercise-related improvement in genital blood flow is probably a result women not on meds can also expect, researchers say.

DUMBBELL HER WAY TO A RECHARGED LIBIDO

TIMEX

IRONMAN

SHOW YOURSELF WHAT YOU CAN DO



Activity Tracker Move **x20**



Distance, Steps
& Calories



Sleep Time
& Quality



Workout
Tracking



Caller ID
& Texts



Compatible
with iOS®



Compatible
with Android®



Find your Phone



Water Resistant

Exclusively available on amazon.in

amazon.in

www.timexindia.com

www.facebook.com/timexindia | www.youtube.com/timexgroupindia | www.twitter.com/timex_india

Customer Care: 1800-419-2727 Toll Free (Monday to Saturday 10 am to 7 pm)



ALPHA

ALL YOU NEED TO LEAD IN LIFE

Your Long-Distance Dating Survival Guide

DON'T LET GEOGRAPHY DRIVE YOU APART. ACT NOW!

PHOTOGRAPHY: BIBHUTI BHATTCHARYA

Forget what your naysayer buddies or relatives have told you: Long-distance relationships can work. In fact, "there's a growing stack of research that shows couples who are geographically distant may be just as strong as those that live close to each other," says Delhi-based clinical psychologist Rachna K Singh.

Consider the findings of a recent study from the University of Utah: Couples in long-distance situations reported similar—or in some cases even greater—levels of relationship and sexual satisfaction than traditional pairs.

How is that possible? "Being apart from your partner forces you to work on areas of relationship maintenance that geographically close couples may take for granted," explains study co-author Karen Blair, PhD. Long-distance daters are forced to practice good techniques—like having meaningful conversations and discussing sexual matters—in order

to stay intimate, Blair says. But if you live near—or with—your partner, that proximity makes you more likely to neglect the habits that keep you emotionally close, she adds. The big takeaway is that any relationship requires effort, Blair says. And if you want your long-distance love to last, research provides a blueprint for success.

01\ SET ASIDE 15 MINUTES A DAY

Every single day talk to your partner about the heavy stuff, suggests research from Cornell University. That includes your life goals for the coming weeks or months, your family, your job—the big factors that shape your success or happiness. Even if you aren't in a long-distance relationship, this tactic can help you feel closer to your partner, the study authors say.

02\ FLAWED TECHNOLOGY IS YOUR ALLY

Whether you use Skype or FaceTime, the annoying connection problems or delays that interrupt the flow of your conversation

force you to pay more attention to her facial expressions and tone of voice, finds a study from Ohio State University. And your increased focus helps you both communicate more effectively, the researchers explain. They suggest Skype activities like cooking or tandem movie watching to keep things fresh.

03\ ADD SOME SPICE

But not in the kitchen. We mean phone sex, erotic letters or videos, and sexually suggestive pics. Sex is an important part of any relationship, explains Greg Guldner, MD, author of *Long Distance Relationships: The Complete Guide*. And engaging in some digital foreplay and fornication helps maintain the physical bond severed by geographic challenges, Dr Guldner adds.

MALE



LEAVE YOUR HANG-UPS
FOR ANOTHER TIME

LINGERIE,
DARLINGTRAP.COM

LOCATION COURTESY:
KARRON HOTEL

Turn the page
to bridge the gulf
between you and great
sex

04\ HAVE A REAL RENDEZVOUS

At least once in a while. The more time you spend apart, the more likely you are to build up an idealised, near-perfect image of your far-away partner. And because she'll never be able to live up to that standard, you'll end up feeling let down—and more likely to break up—when you do finally unite, shows more research from Ohio State. Try to arrange a visit at least once a month—especially if you two have never actually spent time living in the same place, the study suggests.

05\ THINK LONG TERM

Whether you're apart for a month or several years, you both have to be certain that you'll eventually end up in the same place, Blair explains. "One of the biggest predictors of a successful long-distance relationship is the level of certainty individuals felt about their relationship's future," she says. Get on the same page about getting together down the road, and you'll improve your odds of making it, her research shows.

06\ ADJUST YOUR ATTITUDE

The most fruitful bicoastal relationships are ones in which both partners fully believe their situation can work out, Singh says. When couples doubt the validity of their arrangement, their success plummets, she adds. Embrace your unconventional partnership. Yes, you can make it work.

DEALS WORK, BUT
IT'S ALL ABOUT THE
RIGHT TIE-UPS



**BEDROOM
CONFIDENTIAL**
The science of sex, explained
BY POOJA BEDI

Q Jump On It

On some nights, my moves make my girl orgasm and on other nights they don't. Help!

KRISHNA PATEL, MUMBAI

I wish women's bodies were like telephones: dial the right numbers and the bells start ringing. If our minds are preoccupied with work or body image issues, then less blood will flow to our genitals, making them less sensitive. Change your moves; if you used a 69 last night, try the swirl this evening. Bring in variety and let the chemistry sizzle.

ALL IN THE MIND

What is it about younger men that turns on some older women?

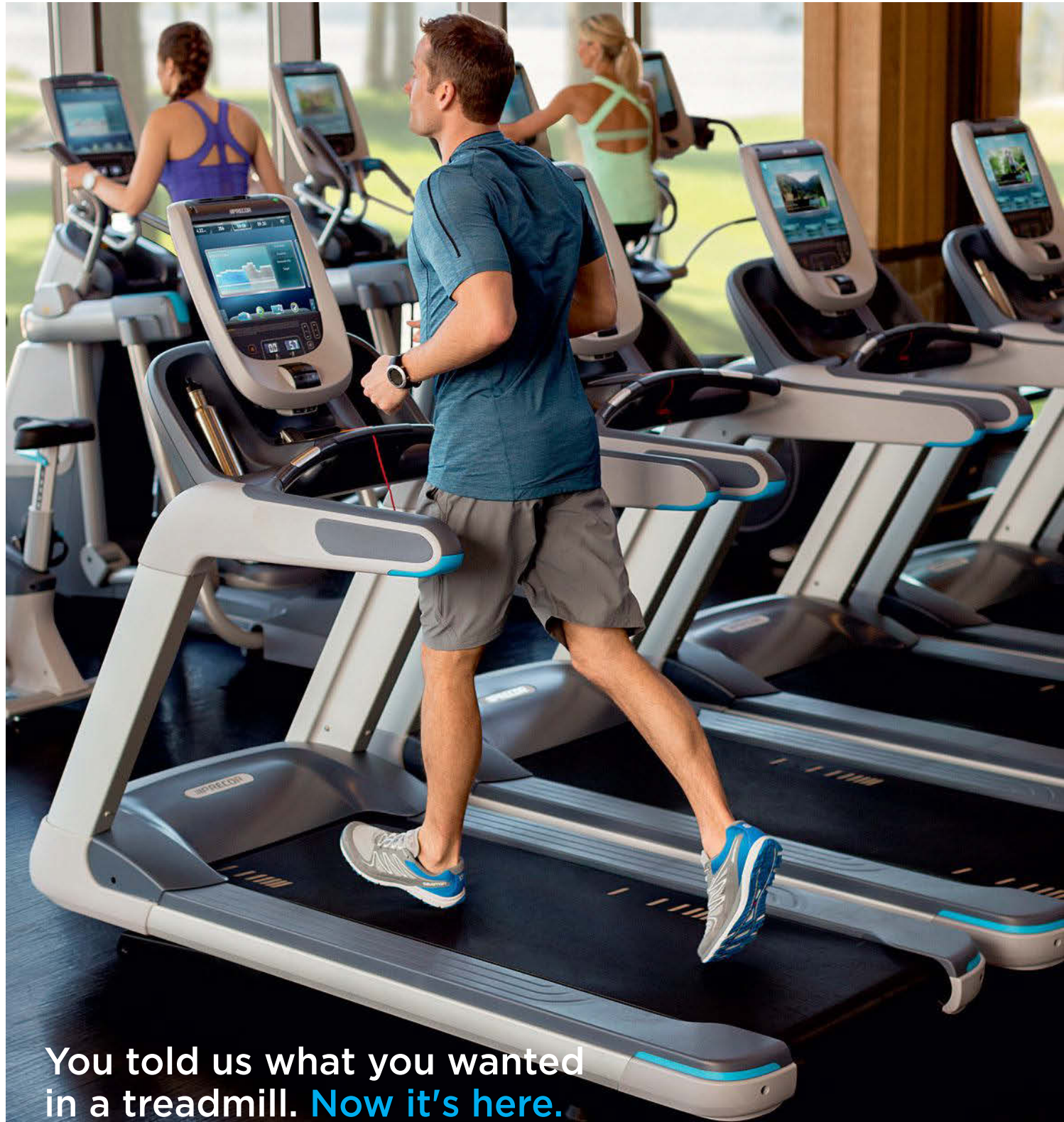
MANU SINGH, VIA EMAIL

Young guys without demanding careers have ample time to workout. They treat a woman's breasts as if they are precious archaeological finds. The vagina, however, is beyond their comprehension. They love to make out for hours, an

area where older men seem to lose their appetite. Would I rather sleep with a man my age, who has a great body and is a good kisser? Anytime.

From the original Kamasutra girl to a full-time mother of two, Pooja Bedi personifies India's modern-age woman of substance. An actor, TV presenter, model and columnist, Bedi's answers speak with a personal honesty few take pride in flaunting

PHOTOGRAPHY: BISHU BHATTACHARYA/WWW.INDIADAILYIMAGES.COM; MODELS: JANA STRAWBERG/FOX; MODEL MANAGEMENT: HAIR AND MAKE-UP: SHAAN STYLING; MIA KUMAR/ART DIRECTION: AMIT MALIK



You told us what you wanted in a treadmill. **Now it's here.**

Our new Experience Series treadmills is designed and built to last extensive research and development with produced. It's also the quietest and most stable running experience we've ever delivered. So, you enjoy a premium ownership experience, and your members enjoy their run.



Contact - +91 98407 11173
www.gympacfitness.com

PRECOR®
Fitness Made Personal

NECK PAIN

Ten neck massages over 10 weeks. Sound good? People with chronic neck pain reported a 55 per cent improvement after this regimen, according to a study in the *Clinical Journal of Pain*. They even scored 39 per cent better on the worst-sounding test ever, the Neck Disability Index (It assesses the pain's impact.)

DEPRESSION

Take your pick: Swedish, shiatsu, and other massage types may ease depression, a meta-analysis in the *Journal of Clinical Psychiatry* found. How? Massages reduce stress hormone levels, heart rate, blood pressure, and boost mood and relaxation levels by triggering the release of oxytocin and serotonin.

Fix It With Massage

MASSAGES ARE MORE THAN JUST INDULGENCES. THEY'RE PROVEN HEALTH AND MOOD TREATMENTS

HIGH BLOOD PRESSURE

A study in the *Journal of Alternative and Complementary Medicine* found that after people with normal blood pressure had a deep-tissue massage for 45 to 60 minutes, their BP fell—specifically, by an average of 10.4 millimeters of mercury (mm/Hg) systolic, and 5.3 mm/Hg diastolic.

LOWER-BACK PAIN

Back problems can be complex. One solution is simple: Common massage techniques can help you relax and trigger an endorphin release that raises your threshold for pain; this might help people with all sorts of lower-back pain, notes a meta-analysis in the journal *Spine*.

ATHLETIC PERFORMANCE

"Musculotendinous" massages target muscle-tendon junctions, and a study in the *Journal of Strength and Conditioning Research* found that even a 30-second round improved hip-flexor range of motion. Try it: Find where muscle meets tendon just behind and above your knee, and rub the spot in small circles with your thumb.

STRESS

You don't need a full-body rubdown to feel good. In a recent study from Sweden, one 80-minute hand-and-foot massage significantly lowered people's heart rates, cortisol levels, and insulin levels—all of which help lower stress.

CONSTIPATION

Would you like an abdominal massage with that laxative? Yes, you would. A Swedish study found that people who received a massage along with traditional constipation treatment felt significantly better than those who just stuck with the laxatives.

Many common massage types reduce your stress hormone levels, blood pressure, and heart rate



WORLD OF HURT

Play without pain
BY DR ANANT JOSHI

Q

Knee-Jerk

After doing box jumps, my knees hurt. How can I strengthen my knees?

SANGRAM DAHIYA, NEW DELHI

You should get an MRI scan to ascertain the extent of the damage. If tests confirm that it's Patella Tendonitis, stop jumping or squatting for six to 12 weeks. If you have a desk job, try to walk around every 30 minutes to get the blood flowing. I also recommend eccentric strengthening exercises, which involves raising your injured leg and lowering it slowly to strengthen your hamstring muscle.

LIKE A SORE THUMB
My wrist and thumb hurt due to badminton. Help!

ARPIT KANUDIA, VIA EMAIL

As your thumb is mainly used for gripping activities, it's the thumb joint that takes a beating. Wear a splint, except while showering and exercising, to immobilise the movement of the joint. Exercise your thumb to prevent scar tissue. Touch each finger with your thumb, then rotate it several times. Icing the area will also help.

Known popularly as the sports doctor to India's best-known sportsmen, Dr Anant Joshi is an orthopaedic surgeon and is regarded as one of the top doctors India has ever produced

The New Muscle Builders

RECHARGE YOUR TIRED ROUTINE AND SCULPT TOTAL BODY STRENGTH

If it weren't for mirrors and women, many men wouldn't bother building muscle. But for all their bench presses and biceps curls, few guys see consistent results. The reason: All those bench presses and biceps curls. "To stimulate new growth, you need to mix things up every 4 to 6 weeks," says **MH** Fitness expert Deckline Leitao CSCS, NASM-PES, CPT. You don't always have to radically alter your routine—the fix can be as simple as altering your grip or tempo—but if you've been doing the same moves for months, it's time for a bigger change. Hit the refresh button with these four fast muscle moves.



1 DUMBBELL SUMO SQUAT AND HOLD

Muscles worked:
QUADS, CALVES

Hold a heavy dumbbell by its ends in front of your waist and stand with your feet twice shoulder-width apart. Now lower your body until your thighs are at least parallel to the floor. Pause for 30 to 45 seconds, and then return to the starting position. That's one set; do three or four. "Holding the bottom position increases the intensity," Leitao says, "leading to greater gains in power, strength, and stamina."



2 ALTERNATING CURL AND PRESS

Muscles worked:
BICEPS, SHOULDERS

Stand with a pair of dumbbells just outside your shoulders, arms bent, palms facing each other. This is the starting position. Press the left dumbbell overhead and lower the right one to your side. Reverse the move as you return to the start; then press the right dumbbell overhead and lower the left. That's one rep. Do three sets of 16 to 20. "One exercise works both arms from wrists to shoulders," says Leitao.



4 ISOMETRIC DIP

Muscles worked:
CHEST, TRICEPS

Grasp the arms of a dip station and lift yourself so your arms are straight; cross your ankles. Lower yourself until your elbows are bent 90 degrees, pause for 30 to 45 seconds, and then push back up to the starting position. That's one set; do two or three. "The pause increases the strain on your triceps and pecs at the hardest part of the move," Leitao says. The harder they work, the stronger you become.



5 SINGLE-ARM, SINGLE-LEG INVERTED ROW

Muscles worked:
UPPER BACK

Using an overhand, shoulder-width grip, grab a bar that is secured at waist height. Hang with your arms straight, hands above your shoulders, and feet on the floor. Now release your left hand and lift your right foot. Pull your chest to the bar, pause, and lower yourself. Do three sets of 12 reps (six per side). "Using one arm and leg creates instability," says Leitao, "increasing the difficulty of the move."

8 Foods That Make You Happy

YOU ARE WHAT YOU EAT. SO ON DAYS YOU FEEL GRUMPY LOOK NO FURTHER THAN YOUR GROCERY SHELF. *MH* SERVES UP A VARIED PLATTER OF JOYOUS MORSELS



1 GRAPEFRUIT

Rich in folic acid, which is crucial for oxygen delivery to the brain, grapefruit is also key in serotonin production. A study by Tufts University in the US found that blood levels of folate were lower in people with depression.



2 CARROTS

A study in the International Journal for Vitamin and Nutrition Research found a deficiency in biotin led to depression and fatigue. Although the study was conducted on mice, experts believe the effects can be replicated in humans.

3 WALNUTS

This nut's association with all things cerebral isn't restricted to them looking like tiny brains. They're an excellent source of Omega-3s, which help brain cells and mood-lifting neurotransmitters to function properly.



4 CHOCOLATE

High in phenylethylamine (PEA), chocolate enhances endorphin levels in the brain. According to a study by Johns Hopkins University in the US, its sugar and fat have mood-altering effects, familiar to anyone who has soothed a tetchy girlfriend with a box of chocolates.



5 PORTOBELLO MUSHROOMS

A deficiency in B3 (niacin), one of the primary vitamins also found in these mushies, can lead to depression. When levels are low, the body uses up tryptophan to manufacture B3, leaving little left to convert to serotonin.



6 SWEETCORN

These little yellow kernels will put a smile on your dial. In a single serving, you get a quarter of your RDA of vitamin B1. A recent study found subjects enjoyed improved mood, alertness and energy after two months of B1 supplementation, even if they weren't deficient.

7 TOFU

Research in the *New England Journal of Medicine* shows a lack of tryptophan can lead to depression. With its high levels—747 milligrams per 100g—tofu is ideal to keep your happy levels up. If you're not convinced by the wobbly stuff, blend it into a smoothie—you can still enjoy the benefits.



8 PARSLEY

An excellent source of the amino acid L-glutamine, which increases concentration levels, it also helps combat anxiety and stress by elevating energy levels in your brain and increasing mental alertness. In the future, don't dismiss the garnish; use it liberally.



EAT THIS NOT THAT!

PITA PIT

CHICKEN TIKKA
310Kcal

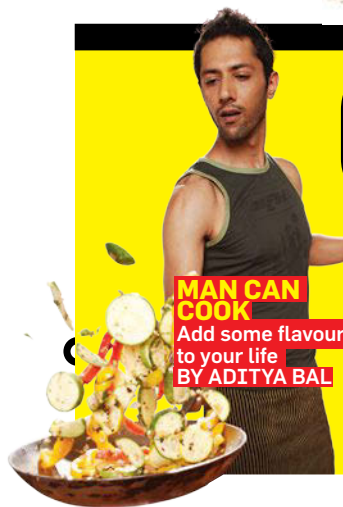


VS

SMOKED CHICKEN CAESAR
360Kcal



The smoked chicken in the Caesar pita contains nitrites and nitrates, which are carcinogenic in nature. Eating smoked meat increases your risk for stomach bacteria such as E Coli. They also often add salt brine and salt curing which makes it very high in sodium. Chicken tikka, on the other hand, is made in yoghurt marinade which aids in digestion and has a soothing effect on the digestive system. It is also a low-fat preparation. For dressings avoid the mayo and opt for hummus.



MAN CAN COOK
Add some flavour
to your life
BY ADITYA BAL

Q Grilling Time

Grilling fish is a nightmare for me. Why does it always stick to the grate?

ANSHU KHURANA, NEW DELHI

First and foremost, clean the grill well beforehand. Heat the grate till it's hot so you can easily scrub off the gunk with a wire brush. Now apply some cooking oil to the grate with a brush. Grill skinless fillets, as the skin tends to stick. Once it's on the grill, don't touch it. Try to cook the fish on one side for 70 per cent of its total cooking time before you flip it. Slip a thin metal spatula under the fillet, scraping it if you must, to separate the flesh from the grate.

DOWN TO A TEA

How is decaffeinated green tea different from the regular one?

AMAN NARULA, LUDHIANA

There's so much of hype around decaf green tea but still no conclusive research has been done. Researchers say that one of the tea's compounds, ECGC (or epigallocatechin gallate), serves as a powerful antioxidant. In general, green tea prevents the

growth of certain cancers, slows weight gain, and lowers blood pressure. But it would suffice to say, the beverage's benefits come from its antioxidants, not the caffeine. Since it doesn't have caffeine, it doesn't interfere with sleeping habits.

A former model, TV presenter and self-taught chef, Aditya Bal is out to spread the word that real Indian men do cook!

Tame A Raging Appetite

CONTROL YOUR APPETITE WITH THESE 6 WEIGHT-LOSS RULES TO STICK TO YOUR DIET AND KNOCK OFF KILOS



When your stomach is screaming, "Feed me!", all you want to do is reach for the closest edible object. But just because you think you're hungry doesn't mean you really are, and eating the wrong thing at the wrong time can add kilos you've worked so hard to drop. Follow these rules to conquer hunger pangs and stay on track to achieve your weight-loss goals.

1 GUARANTEE SUCCESS

How long do you think you can stick to a new plan? Find a duration that you're 100 per cent confident you can achieve, even if it's just a couple of days. "Once you make it to your goal date, start the process over," says Dr Sudeep

Khanna, senior consultant gastroenterologist and obesity specialist, Pushpawati Singhanian Research Institute, New Delhi. "This not only establishes the notion that you can be successful, but also gives you a chance to start noticing that eating better makes you feel better, reinforcing your desire to continue."

2 FIND MORE MOTIVATION

If your diet's only purpose is to help you finally achieve those six-pack abs (or even just a two-pack), it may be hard to stick with for the long haul. The solution? "Provide yourself with additional motivators," says Dr Khanna. He suggests monitoring migraines, heartburn, acne,

3 DON'T DWELL ON MISTAKES

Okay, you over-indulged. What's the next step? "Forget about it," says Delhi-based clinical nutritionist Jia Singh. "One meal doesn't define your diet, so don't assume that you've failed or fallen off the wagon," he says. Institute a simple rule: Follow any "cheat" meal with at least five healthy meals and snacks. That ensures that you'll be eating right more than 80 per cent of the time.

canker sores, and sleep quality, along with common measures of cardiovascular health.

"Discovering that your new diet improves the quality of your life and health can be powerful motivation," says Dr Khanna.

4 EAT BREAKFAST

Sure, you've heard this one before. But consider that if you sleep for six to eight hours and then skip breakfast, your body is essentially running on fumes by the time you reach work, which sends you desperately seeking sugar that is easy to find. "The most convenient foods are often the same ones you should be avoiding," says Delhi-based clinical nutritionist Lovneet Batra. That's because they're usually packed with sugar (candy bars, soda), or other fast-digesting carbohydrates (cookies, chips). Which leads to our next strategy.

5 INSTALL FOOD REGULATORS

It's time for a regime change. Clean out your cupboards and fridge, then restock them with almonds and other nuts, cheese, fruits, vegetables, along with chicken and fish and do the same at work. "By eliminating snacks that don't match your diet but providing plenty that do," says Batra.

6 RECOGNISE HUNGER

Have a craving for sweets, even though you just ate an hour ago? Imagine eating a large, ghee-soaked aloo *paratha* instead. "If you're truly hungry, the *paratha* will sound good, and you should eat," says Batra. "If it doesn't sound good, your brain is playing tricks on you." **MH** advice: Change your environment, which can be as easy as doing 15 pushups or finding a different task to focus on.



ASK THE WEIGHT-LOSS EXPERT

She knows how to lose well
BY ADITI GOVTRIKAR

Q Bake And Bulk

My wife wants to try a new experiment for me—cooking with supplements. Possible?

ANISH MADAN, NEW DELHI

Wow! You're a lucky one. And yes, your wife can. A small amount of protein may break down when heated, but overall it stays intact. As a guideline, substitute one cup of protein powder for one cup of flour in most recipes, from cakes to biscuits. Experiment, as different proteins may react differently (taste, texture, how they blend) depending on the source—eggs, whey or soy.

WHEY TO GO

I am 20kg overweight. Should I start using meal-replacement shakes already?

ARUNIM DUTTA, MUMBAI

It's common knowledge that changing your eating habits is essential to keep your weight under control. And I don't think shakes will help you learn that difficult lesson since your body requires other

nutrients such as fats and carbs as well. My advice: If you are thinking long-term, use them only as a short-term fix to help you stick to your diet. Consult a doctor to start your protein shake regimen.

A former beauty queen and a certified doctor, Aditi Govtrikar has weight loss advice gathered academically and also from practical life as a model

Mend A Patchy Beard

NEW RESEARCH FINDS BEARDS ARE A SIGN OF DOMINANCE. HERE'S HOW TO STEP UP YOUR PATCH GAME, EVEN IF YOU'RE BABY-FACED

Ignore the cries of peak beard. According to Aussie scientists, hirsute mugs are a way of asserting dominance over your fellow men. The beard is a direct descendant of primates' "badges", say researchers from the University of Western Australia, serving to make us stand out from—and above—male competition in the same way as an ape's elongated nose.

The more crowded the primate society, claims the study, the more outrageous the badges. For those whose facial sprouting is more teenage fluff than action-star stubble, this news is problematic. There are surgical options, but if you don't fancy patching up your patchiness by spending a bomb to have strips of hair shifted from your head to your face then there are easier ways to make the most of a thinner beard. Wasim Ahmed and Tabish Mirza, master barbers at Gentlemen's Tonic India, DLF Emporio, New Delhi explain how to get a lush look without going under the knife.

01/ SHAVE YOUR SIDES

Like the hair on your head, trimming certain areas of your face makes others seem fuller. "Going shorter on the sides accentuates the length you've got elsewhere," says Ahmed. If you're patchy further up, bring the line further down the cheek. Creating sharp edges gives an impression of fullness.

02/ CREATE A FLATTERING JAWLINE

If your jawline's as ill-defined as your facial fur, taper from shorter at the Adam's apple to longer at the chin, but make sure the edge sits below your actual jawline. "Otherwise as

soon as you open your mouth, your beard line goes up your face," says Mirza. Underneath, shave a curve above the Adam's apple. Rounding it down only makes your face look fatter.

03/ SIZE MATTERS

If your cheeks are a mess of swirls, either stick with a stubble or commit to the fisherman look. Mid-length beards look the worst because the hair twists together and sticks out. When it's long, the patches get lost in the bush. You need to take good care. "In such a case use a beard oil followed by a thorough brushing with a quality boar hair brush to smooth down any unruly hair," says Ahmed.



IMPRESS THEM WITH YOUR BEARD WHEN YOU CAN'T COUNT ON YOUR VOICE

TURN TO P106 FOR LATEST HAIR STYLES

04/ SEE A BARBER

Working out where to edge your beard is tricky with a Mach 3 and you'll only end up accentuating the gaps, so pay the occasional visit to a barber. "They'll shape it and put the line in, so when you get home you just need to follow it," says Mirza. Your morning becomes shave-by-numbers, not complex topiary.

05/ CONTRAST WITH YOUR HEAD

Your beard isn't an extension of your head hair, but a separate entity; use a contrast to highlight its positives and play down any problems. A manicured stubble will give your face extra definition.

Less to play with up top? "It's good when guys have these big beards with no blend," says Mirza. "Just a line at the sideburn, really short and sharp." Leave the rest of the look alone.

06/ ACCEPT A FRESH-FACED FUTURE

If your facial hair is truly teenage-esque, then accept a beard's not for you and definitely don't entertain the idea of surgical enhancement. "The beard thing is a fashion phase," says Ahmed. "It will pass and everyone will go back to being clean-shaven." Doubtless the 67 per cent of women who prefer beardless men are counting down to that day as much as you are.

Grow And Keep The Fuzz

Beards don't take care of themselves. Here's what you need to keep it glorious and shiny



Botanical Skin Works Conditioning Oil This will soften the beard and soothe the skin ₹2,000/120ml



Soulflower Aromatherapy Roll On Keeps your beard frizz free and improves growth ₹150/8ml



Ultra Beard Shampoo By Beardsley Leaves your beard clean and smelling fresh ₹1,930/230ml



Beard Balm Original Scent Controls tangles, prevents split ends and reduces patchiness ₹2,199/59g

Spot The Style Bloopers

THERE'S A FASHION FAUX PAS IN EACH OF THE LOOKS BELOW. SPOT IT, THEN TURN THE PAGE TO SEE IF YOU GOT IT RIGHT

PHOTOGRAPHER: VINOD AGGARWAL WORDS: CHIRAG MOHANTY SAMAL STYLING: KEVIN MARAK ART DIRECTION: AMIT MALIK



MH STYLE COUNSELLOR
Looking good made easy

BY RAGHAVENDRA RATHORE

Q Watch It

What are the three things women notice about a man's attire?

ASEEM POONAWALA, MUMBAI

The shoes, the watch and the pants. Why? They're looking for clues about his character, class, and charm. If your shoes are falling apart, shabby or dull, they'll wonder what chance a relationship with you would have. The watch should be masculine and a reflection of your personality. Wear your pants on the hip, not lower or higher. What'll really grab their attention is if you look like you threw it together without trying.

AS YOU LYCRA IT

I am looking for an off-the-peg suit for work. Anything to keep in mind?

ASEEM POONAWALA, MUMBAI
If you have a desk job, it may be worth buying a suit with a small percentage of lycra, which will give you room to move around. Pleats with a waistband can make sitting for long periods more

comfortable too. Go for a single breasted suit with two buttons. Navy and dark grey are the most versatile colours and look good outside work too, if you wear them with polo shirts.

A former model, TV presenter and self-taught chef, Aditya Bal is out to spread the word that real Indian men do cook!

**LOOK1****BELT OUT THE RIGHT NUMBER**

Seemingly inconspicuous, the belt holds the key to the right image at work.

"Braided, canvas or a belt with a big buckle is a strict no-no in the office. They might go with your casual outfit but they are not meant for the office," says Mumbai-based fashion designer Kunal Rawal. It is also essential to match the colour of your belt to your shoes, and the same goes for the texture of the leather.

Shirt, **Koovs.com**, ₹1,499; Trouser, **T.M. Lewin**, 6,495; Belt, **SBJ**, ₹2,990; Watch, Skagen, ₹15,990; Shoes, **Hush Puppies**, ₹4,499

LOOK2**GET YOUR DENIMS RIGHT**

Denims may be the most comfortable fabric and you don't mind living in them. But when it comes to wearing it to work there are a few rules that you should follow. "Never wear a denim shirt with big front pockets that peep out of your formal blazer," says Rawal. This is a shoddy blend of casual and formal. Instead opt for a denim or chambray shirt with minimal add-ons. Your safest bet is an ironed cotton shirt.

Shirt, Trouser, **Gant**, ₹8,000; Jacket, **Koovs.com**, ₹3,995; Belt, **SBJ**, ₹2,990; Watch, **Fossil**, ₹9,600; Shoes, **Hush**

LOOK3**BREAK THE TIE**

A tie can make or break your look. Choosing a flashy tie or one that does not complement your attire can convey that you do not care about the way you look. "Choose a tie that has subtle hints of your shirt or blazer. Steer clear of skinny ties at work," advises celebrity stylist Shayal Seth. Keep accessories to a minimum. "A classic leather strap watch with a round dial is all that you require," says Seth.

Shirt, **United Colors Of Benetton**, ₹2,390; Trouser, **Louis Philippe**, ₹3,400; Shoes, **Tod's**, ₹33,000; Watch, Michael Kors, ₹18,650; Tie, **SBJ**, ₹1,990

LOOK4**SHUT THE BRAND FACTORY**

Unless you're an avid golfer, don't pretend to be one. You will only make your colleagues think you are rushing through important tasks to make your tee time. If you still want to wear a polo shirt then at least skip the ones with huge logos, labels, or slogans; there's no reason why your shirt should look like a hoarding. Keep the T-shirt subtle and simple.

T-shirt, **French Connection**, ₹1,899; Jeans, **Calvin Klein**, ₹3,700; Belt, **SBJ**, ₹2,990; Tod's, ₹33,000; Watch, **Fossil**, ₹8,990

LOOK5**KEEP SANDALS OUT OF WORK**

Sandals have not yet made it to boardrooms. No, they are also not acceptable on casual Fridays. Avoid them at all costs. And if you make the mistake of thinking that wearing them with socks could give it a formal twist, then you really need fashion counselling. Sandals are for cool comfort and ventilation. Putting a thick layer of fabric between you and nature defeats the whole purpose. It's senseless and an all-around bad look. Opt for loafers or deck shoes that you can easily slip on.

Shirt, **French Connection**, ₹2,699; Trouser, **SBJ**, ₹7,450; Watch, **Diesel**, ₹19,165; Shoes, **Hush Puppies**, ₹4,499

STYLE RATING 1: You Need Fashion Counselling **2 & 3:** In The Know **4 & 5:** Fashionably Forward



Q I'VE GOT THIS DREAM, AYUSHMANN—TO TRAVEL TO EUROPE FOR A MONTH. HOW DO I ASK MY BOSS FOR THE TIME?

RAJESH SINGH, NEW DELHI

Hey, we all scan the horizon once in a while, but you'll need a sales pitch if you want to take leave for a whole month. Just march in there, explain what you want to do, and then lay out a step-by-step plan for making it happen. You'll train somebody to pinch-hit for you, right? And maybe leave part of your pay cheque on the table? Do it right and you might be surprised how well it works out. Your boss may see you as a guy who sets ambitious goals and then makes a strategy to achieve them. Sounds like management material to me.

Ask Ayushmann Anything

ON LIFE, LADIES AND EVERYTHING ELSE THAT SCREWS UP YOUR MIND



When I go home for the holidays, my old crew wants to drink like we used to. I love my friends, but I can't keep up anymore. How can I say no?

RAHUL SAXENA, INDORE

Do your friends really want to drink booze or do they do it because that's what you guys have always done in the past? Propose something that's easier on the liver, like—I don't know—paintball. Or try some cool new restaurant in your town. I know there's at least one. If you sell it with enthusiasm, I bet the guys will jump at it.

You must have seen guys who hit on women all the time. What sets the scorers apart from guys like me, who always seem to crash and burn?

SAIKAT MITRA, KOLKATA

Be funny. Be clever. Be confident. But don't let her know you're hitting on her. Guys who score the most

numbers strike up lots of conversations, but they never turn up the heat until they've earned her interest. Hear what I'm saying? Ease up on the pickup lines, Mr Smooth. Show the woman you can handle friendly banter, and see what happens from there.

I'm always the last to leave work. How do I subtly make it known that I'm still at it when the boss—and everybody else—has gone home?

RONIT ROY, PUNE

Hate to break it to you Ronit, but nobody gives a damn about how late you stay at the office—not even the boss. If you spend most of your nights at work yet only get half your work done, trust me, no one will be impressed. Your colleagues might say that you are lousy and that's why you are cooped in office till late. You just need to hit your deadlines and help the company turn a profit. You want to look good? Do it by focusing on your work, not your time sheet.

One guy we hang out with isn't into sports, so we left him out of our weekend cricket league. Now he's mad. Wrong move?

SUMIT KUMAR, VIA EMAIL

The other night one of my friends was telling me he doesn't like whiskey. Later on, we order drinks and cut him out. Of course the guy gets mad about

it. Probably wouldn't have hurt to offer it to him first, but whatever—some guys just have egos like eggshells. Since your buddy is taking this personally, just apologise and tell him you'll invite him next time. Chances are he'll lose interest by then.

I get that my wife wants to be comfortable, but can I ask her to stop changing into frumpy sweatpants as soon as she gets home every day?

MEHUL DESHPANDE, MUMBAI

Here's what you can do: Compliment her when she's dressed up. Take her somewhere nice before she changes clothes. Buy her some nightwear you like and hope she likes it too. Here's what you can't do: tell her to sacrifice her own comfort in her own home. Sorry friend, but do understand that it isn't all about you.


The Bollywood outsider who competed for the spotlight of success with millions of sperm... err, strugglers and hit bull's eye with *Vicky Donor*. He comes from Chandigarh and is the proud father of a boy and a girl.

THE MANLY ARTS

Turn Down That Invite!



When you can't make it to that party, your tone of voice and timing are critical. If it's a semi-formal meeting of friends, it'd require a graceful regret; something on the lines of, "What a grand affair. Unfortunately, I've already committed elsewhere." Declining fine-dining warrants a "I'll try to stop by" phone call. Either way, don't dawdle. An immediate "I'm sorry, we can't make it" is more polite than a "let me get back to you" and a lame excuse later. Finally, if you truly regret missing the affair, sound like you do. To end invites altogether, go nuclear: "Friday is bad for me. In fact, my work schedule the whole of this year looks crazy. Not sure when I'll get a day off." I'm sure you'll drive home the message.

A background collage of numerous fit, shirtless men in various poses, some wearing athletic wear like shorts and tank tops, others in more casual attire like jeans. The collage is faded and serves as a backdrop for the text.

**WE'RE LOOKING
FOR A GUY WHO
IS FIT AND
CONFIDENT,
WITH A FACE
AND BODY THAT
YOU'D EXPECT
TO SEE ON
THE COVER OF
*MEN'S HEALTH.***

**www.MensHealthIndia.com/CoverGuy
LIMITED ENTRIES. **ENTER TODAY!****

#MHCoverGuy

BE THE NEXT [Men's Health COVER GUY]



A NATION-WIDE SEARCH FOR THE GUY WHO POSSESSES ALL OF THE QUALITIES THAT MAKE UP TODAY'S WELL-ROUNDED, ACTIVE, HEALTH CONSCIOUS INDIAN GUY. OUR JUDGES ARE LOOKING FOR A GUY WHO IS FIT, RIPPED AND CONFIDENT. DOES THAT SOUND LIKE YOU?

A full-page photograph of a young man with dark hair, shirtless, wearing a red jacket and dark shorts. He is petting a dark horse's head. The background is a stable with a metal fence and a reddish-brown wall.

Take It From Me

Somdev Devvarman

COURT SUCCESS

WALLOWING IN SELF-PITY MAY BE THE EASY WAY OUT OF SITUATIONS BUT ACE TENNIS PLAYER **SOMDEV DEVVARMAN** PREFERS TO SWEAT INSTEAD. HIS HARD WORK AND FOOL-PROOF TACTICS HAVE HELPED HIM MASTER THE COURT. HERE'S WHAT YOU CAN LEARN FROM HIM



WORDS: SOHANI DOGRA
PHOTOGRAPHY: SUBI SAMUEL

Smooth rides aren't without their fair share of crashes and Somdev Devvarman, India's ace tennis star, learned this the hard way. In 2011, a 26-year-old Devvarman made it to the top 100 ATP rankings, but a recurring shoulder injury didn't just sideline his promising future, but also shoved him to No 664 in no time. Determined to bounce back stronger and better, Devvarman made some tough plans. "The biggest hurdle of my career was the injury, which helped me get perspective on life, on how much I enjoyed tennis, and what it meant to be a professional athlete and get myself back in the race," he says. He stepped up his workout and diet schedules and in six months was back on the court. In 2012, he also reached the 90th spot on the ATP rankings. The ups and downs in his life have been as thrilling as the five set games he plays. Over to him for some straight talk on holding his ground in the toughest of times.

ON FITNESS

Fitness is a combination of eating healthy, sleeping well and working out daily. A lot of your fitness can come from sports—football, basketball or tennis— or just by being active, which in turn brings out the competitive side in you. Unfortunately, people spend a lot of time in the gym these days, which isn't bad but they need to be out and about and generally more active in their day-to-day life. Running is a little underrated. Though it can get monotonous, given its benefits (strengthening the legs and helping the lungs), it's totally worth the effort. Another underrated thing is good sleep (I am huge advocate of this and I make sure to get my undisturbed eight hours). Good sleep makes you more energetic and productive.

ON KEEPING FIT ON THE GO

On the brighter side, most my days are spent juggling between tennis tournaments, so that makes it easy to go for a run or go to the gym. If you are traveling, ensure that you at least carry your running shoes. You can take off for a run whenever you 30mins to spare.

ON THE SIX-PACK OBSESSION

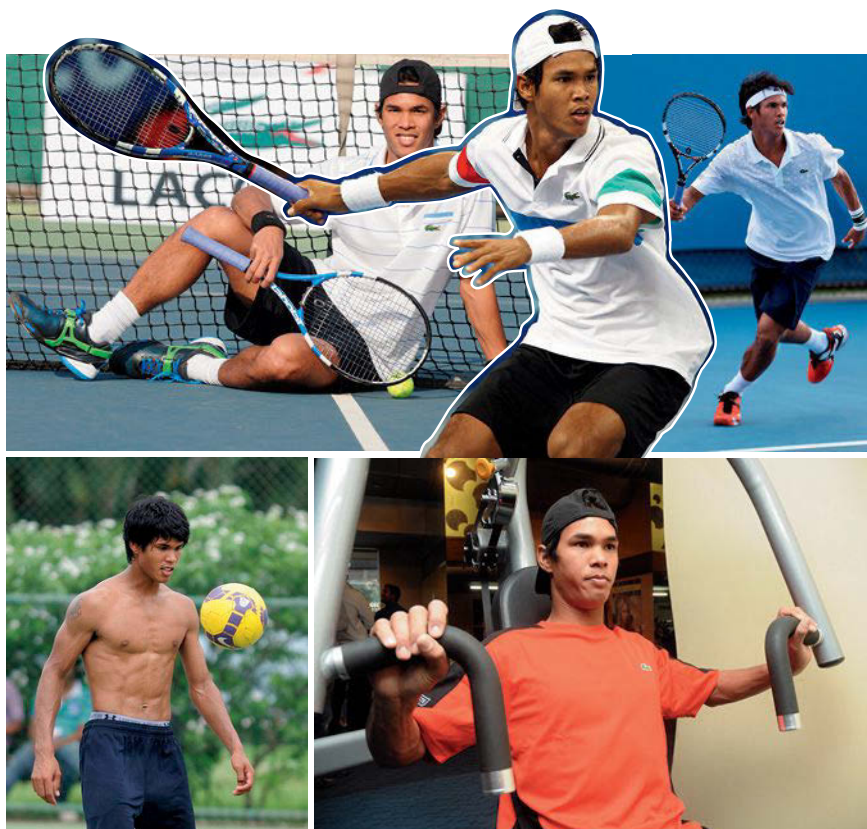
There's a lot more to fitness than just a six-pack. Often men concentrate only on building their upper bodies and don't do any substantial workouts to strengthen their legs; a good balance is what's ideal. People just want to focus on six-packs; instead they should just concentrate on how they feel about themselves when they work out. This will be a lot more beneficial for their health.

ON THE BIGGEST FITNESS CHALLENGE FACED BY INDIAN MEN

It's the Indian diet. Indian food, as tasty and as good as it is, is calorie-rich and doesn't really help when you are on any particular workout routine. The trick lies in choosing wisely since not all Indian foods are unhealthy.

ON THE RIGHT FUEL

A while ago, I wasn't too particular but with the age metre tilting upwards (I turned 30 this year), I need to be aware of what I eat. It's fine to indulge in larger portions occasionally, but



COMPETITION REVEALS YOUR TRUE CHARACTER AND HELPS BUILD IT FURTHER

enjoy losing. Although, it's a fine line, it's imperative to maintain a balance. You end up learning a lot more from your losses than your wins. Putting things aside, if you have a way to be objective, at the end of the day or after a match or any competitive situation, you will find a way to move forward.

ON KEEPING UPBEAT WITH FASHION

Working out regularly does wonders for your appearance. Being fit adds to your confidence levels and helps you carry yourself better. Having said that, it's also essential to be simple and not follow trends blindly. Include timeless, classy pieces in your wardrobe that you can wear for a long time. Always have a polo shirt handy; it can see you through most occasions.

ON GROOMING

It's highly essential to be clean and also look well put together. Pay attention to personal hygiene. If your clothes look good but your body emanates foul odour, you won't make many friends. Having mastered the first step, you can move to experimenting with your look. I've recently cut a lot of my hair; till a couple of years ago, I had shoulder-length hair. It's good to experiment, but don't go overboard with it. **MH**

eating healthy should be your priority. Stick to the basic rice, dal, chapatti—foods that are home-cooked and not soaked in oil. I recently lost eight kilos and didn't really eat any less. I just worked out a lot more and ate at the right time, which made a substantial difference. Being a vegetarian also helps but that can pose challenges when you live abroad where there are lesser options.

ON DEALING WITH COMPETITION

Competition is highly underrated. In India, all of us are literally kicked into being competitive from an early age, be it an exam or just a sport, although academic

competition has always been bigger. I remember back in the day, people making a big deal about what rank their kids got even in the second grade. As an individual, I am a huge fan of competition. It truly reveals character, as well as build it. Competitions usually bring out a winner and a loser; to be able to deal with it and not just get stuck on the winning part has the potential to teach one a lot and help one in progressing further.

ON DEALING WITH FAILURE

Of course it's not easy (I'd be lying if I say that it doesn't affect me) and any individual who is competitive doesn't

MASTER YOUR FOOTWORK

Here's how you can slam faster and achieve the best footwork on court

BALANCE BETTER

Stand on your right foot with your left foot behind your right ankle. Bend your right knee and jump to the left, reaching toward the floor with your right hand. Land on your left foot and bring your right foot behind your left ankle. Jump back to the right, landing on your right foot as you reach toward the floor with your left hand.

Do three sets of 10, resting 30 seconds in between.

CUT FASTER

To slam faster through obstacles on the court, training with ladder drills does the trick. Create your own warm-up by marking off four to eight consecutive 18-inch squares and doing moves that mimic the activity you're about to perform. Hop through as fast as you can for 20 seconds, going forward and backward. Then mix it up: left leg only, right leg only, sideways, high knees. **Do** 10 sets with 20 seconds' rest after each.

INCREASE YOUR SPEED

To attain lightning-fast footwork on the court, grab a partner and arrange six numbered cones in a 6-foot circle. Then, stand in the centre. As your partner calls out numbers, sidestep to the corresponding cone and then race back to the center. The catch: At any point, your partner can throw a 5kg medicine ball to you. Twist and squat to the side of your body where you catch it. Complete three 20-second intervals.

GET TO THE HEART OF THE MATTER

MH CORE

44 THE TRUTH BEHIND ENERGY DRINKS

48 SERVE HER SOME AURAL DELICACY

50 RECHARGE WHILE YOU SLEEP

54 INSPIRE WITH YOUR ABS



Are You A Food Offender?

Men's Health nutritionists raid the refrigerators of five single men.
Turn the page for a post mortem

PHOTOGRAPHY: M ZHAZO PHOTO IMAGING: PIYUSH GARG
STYLING: KEVIN K MARAK ART DIRECTION: TANYA SAWHNEY



MR HYPE AND HOOPLA

VARUN RANA, 31, Fashion Features Director, Harper's Bazaar, India

The first look inside Rana's fridge and you seem to be holding edible souvenirs from his work trips. Extra fine salt from France, Italian cheese, mint jelly from UK, falafel mix, and more cheese. The latter is healthy provided you don't eat the whole block in a sitting. A good source of calcium, protein and healthy fats, sculpted muscles and sparkling teeth are added benefits. But that's about it, there is a glaring absence of fresh food.

Expert's Verdict*: With the exception of eggs and yoghurt, the contents in his fridge are fairly unhealthy. Be it the aerated drinks, packaged garlic paste, or the lack of fresh produce except for tomatoes. The variety of relishes and tapenades increase the carb count while lowering fibre content, making it even more difficult to keep the weight in control.



* Jia Singh, a Delhi-based clinical nutritionist and wellness expert



MR WINE AND DINE

AKSHAT GHIYA, 32, Co-Founder & Director: Karma Recycling

A few glimpses and you would know how a bartender thinks. With enough ingredients and beverages to mix, you can create a great concoction from Ghiya's fridge any time. To top that, for a lean frame like his, the probiotic (curd), low fat milk and fresh fruits like watermelon are the right choices.

Expert's Verdict*: Loaded with superfoods (chia, honey, pomegranate, aged cheese, yoghurt) and foods rich in antioxidants (wine and fruits), Ghiya is a connoisseur of good food. He's got the sources of fat (Spanish olives) and omega 3 and cholesterol lowering fibre (chia seeds) right too. While honey fights pathogens and infections, primadophilus, a probiotic can ensure protection from a host of diseases and chronic inflammation. A great source of electrolytes and natural sugars, comes coconut water. A well-stocked fridge makes eating at home a breezy affair.





MR GLUTEN INTOLERANT

ARJUNA SURI, 31, Corporate Trainer

With veggies like tomatoes, broccoli, capsicum, carrots and beans, Suri's fridge is like a live pasta counter, except pasta is off the radar for Suri, who's sensitive to gluten. He might be working 72 hours a week, but the ingredients in his fridge don't reflect a lazy approach to health. The easy proteins in tuna mean no mid-meal binging, the healthy fats in coconut milk make it a good dairy alternative and buttermilk is a quick fix to a sluggish metabolism.

Expert's Verdict*: Who said real men don't eat healthy! Except for the barbecue sauce and thousand island sauce, (replace the calorie bombs with apple cider vinegar, olive oil and balsamic vinaigrette or a yoghurt based dressing), his fridge is loaded with all the healthy essentials. The contents of his fridge show that he embraces healthy fats and protein. This guy takes pride in what he puts into his body and so should you.





MR NUT CRACKER

NAKUL BAJAJ,
24, CEO, darveys.com



The sights and smells here take you to a trip down the weekly sabzi mandi. The supply of fresh produce is a nutritionist's delight. More so, the nuts like pistachios and almonds improve brain function and reduce the risk of cardiovascular diseases. Fresh fruits and veggies, like watermelon, papaya ensure fibre and more lasting energy. And sprouted grains are a great pick up for complete protein a vegan misses out on by not eating meat.

Expert's Verdict*: Nakul hit the bull's eye with foods that boost workout performance and alleviate muscle soreness. Healthy eating doesn't have to be painful and the contents in Nakul's fridge show that it is possible to avoid binging on high cal food. Remember out of sight is out of mind, so de-clutter your fridge and put healthy foods in your line of sight; you'll be more likely to stick to the latter.



MR INSTANT TROUBLE

ALOK KULHAR, 25,
Manager-Talent Acquisition, Ericsson



This is the typical case of my-fridge-has-enough-to-feed-two-but-am-always-hungry! That because all the packaged food is high in sugar which makes you crave for more. Loaded with harmful additives and hormones, Kulhar's fridge has all the health bombs waiting to explode, especially with the packaged chicken and juice.

Expert's Verdict*: The tomatoes and pomegranates are great sources of fibre, vitamins and antioxidants, but that does not discredit the packaged Apple and Cranberry juice or the jam, all of which add to the waistline and increase the risk of heart disease and diabetes. Instead, juice your veggies and eat your fruit with the fibre intact for maximum benefits. **MH**



Caffeine Sensitivity

It is a stimulant that wakes you up, protects you from cancer, but when consumed in excess, from other sources, has a different effect altogether. Want to know why?

WORDS: PRIYA TALWAR

Food for thought: Energy drinks in Turkey, Uruguay and Denmark are banned from consumption. Studies across the world have proved that consuming a large amount of caffeine—the core ingredient of energy drinks, results in increased heart rate and blood pressure, interrupted sleep, nervousness and irritability. The Food Safety and Standard Authority of India (FSSAI), which recently ordered a few brands off the shelf says that the name itself is a misnomer as there is no case for encouraging their consumption. But

there's a catch. You are unlikely to die from a single can of an energy drink but to avoid experiencing these symptoms (or caffeine intoxication, caffeine-induced anxiety and sleep disorders), you have to know what's causing the harm.

IS THERE AN AVERAGE SAFE DOSE OF CAFFEINE?

Ever observed how that guy sitting next to your cabin gets jittery after just a cup of cappuccino? That's because some people are more sensitive to caffeine. "Even at amounts less than 100mg, people

who are hypersensitive to caffeine can experience overdose symptoms such as insomnia, jitters, and an increased heart beat," says Dr V Sudershan Rao, a scientist and deputy director, National Institute of Nutrition, Hyderabad. And that sensitivity depends on a variety of factor like age, gender, medication use, anxiety disorders, food habits and activity levels and also genetics. Though there is no separate regulation for energy drinks, carbonated beverages are not supposed to breach the 144ppm caffeine limit. But the majority, says Dr Rao, can usually have 200-400 mg of caffeine daily without

any adverse reactions. The answer to the question whether anybody can create an average safe dose is not as simple. Our bodies essentially recognise substances like alcohol and caffeine as harmful and once they do, they metabolise them with the help of enzymes in the kidney or flushes it out. But once the threshold of the substance is crossed, then the entire amount reaches the vital organs, leading to over excitement and eventually becoming toxic. "Everything can be toxic to the body but it all depends on the level," says Dr Prathap Kumar Shetty H, President, Association of Food Scientists and Technologists, India.

WHO'S THE CULPRIT?

Energy drinks are not the so called "bad products", opines Shetty. Essentially non-alcoholic beverages containing caffeine, guarana, glucuronolactone, taurine, ginseng, inositol, carnitine, B-vitamins etc., these are the main ingredients that act as stimulants says FSSAI. "FSSAI has set the safe limit at 400mg and a 100ml can gives you 32mg. So to consume 400mg, one has to consume more than 12 cans of 100 ml, even then he will be only be crossing the safe limit and not the toxic level," says Shetty. That's not to deny that if consumed in large amounts, especially over extended periods of time, caffeine can lead to caffeineism, which usually combines caffeine dependency with a wide range of unpleasant physical and mental conditions, according to FSSAI.

WHAT GIVES YOU THE BOOST?

Taurine, a naturally occurring amino acid in humans is one of the key ingredients which seems to improve performance. In a widely reported Scottish study, 1,000 milligrams of taurine taken as a supplement appeared to improve the performance of middle-distance runners. But it is said that there wasn't anything conclusive about the role taurine played. "Theoretically, taurine is not considered to be toxic and excess taurine is usually flushed out through the kidneys. But studies have reported side effects such as declining of heart rate and increase in arterial blood pressure," says

Dr Anoop Misra, Chairman, Fortis-C-DOC Centre of Excellence for Diabetes, Metabolic Diseases. And it is even harder to say whether the side effects are because of excess caffeine, taurine or a combination of both, he says.

Another key ingredient of energy drinks, Glucuronolactone is a naturally occurring chemical which is an important structural component of nearly all connective tissues. It is also said to increase performance levels. In a widely reported study by Dr Crag A Goodman, University of Wisconsin, when he injected lab rats with the same, it was found that they swam better. Glucuronolactone is supposed to have a detoxifying effect on the body. So during intensive workouts, this chemical helps the body to perform better by reducing the accumulation of toxic substances, Shetty explains.

KNOW YOUR CAFFEINE METABOLISM

Until validated by actual lab tests, it is hard to recommend how much caffeine one can consume on a daily basis, but you can find out the rate at which your liver

Age, gender, genetics and food habits affect the breakdown of caffeine

breaks caffeine down, or caffeine metabolism by genetic tests. "Caffeine sensitivity differs for each individual, depending on which variation of CYP1A2 you have. CYP1A2 governs the rate of clearance of caffeine from the body, mediated by liver. Variations in such genes make your body processes and eliminate the caffeine from your bloodstream fast or slow, enabling your caffeine metabolism accordingly, says Dr Amol Raut, CEO, GeneSupport, a nutrigenomics lab in Pune. Though genetics is not the only factor involved, nutrigenomics, the study of how food affects our genes and how genetics affects how we respond to nutrients, can give us a "bigger picture on the basis of which you can know whether you should be restricting your intake of caffeine or not." **MH**

Energy Drinks And Their Caffeine Content

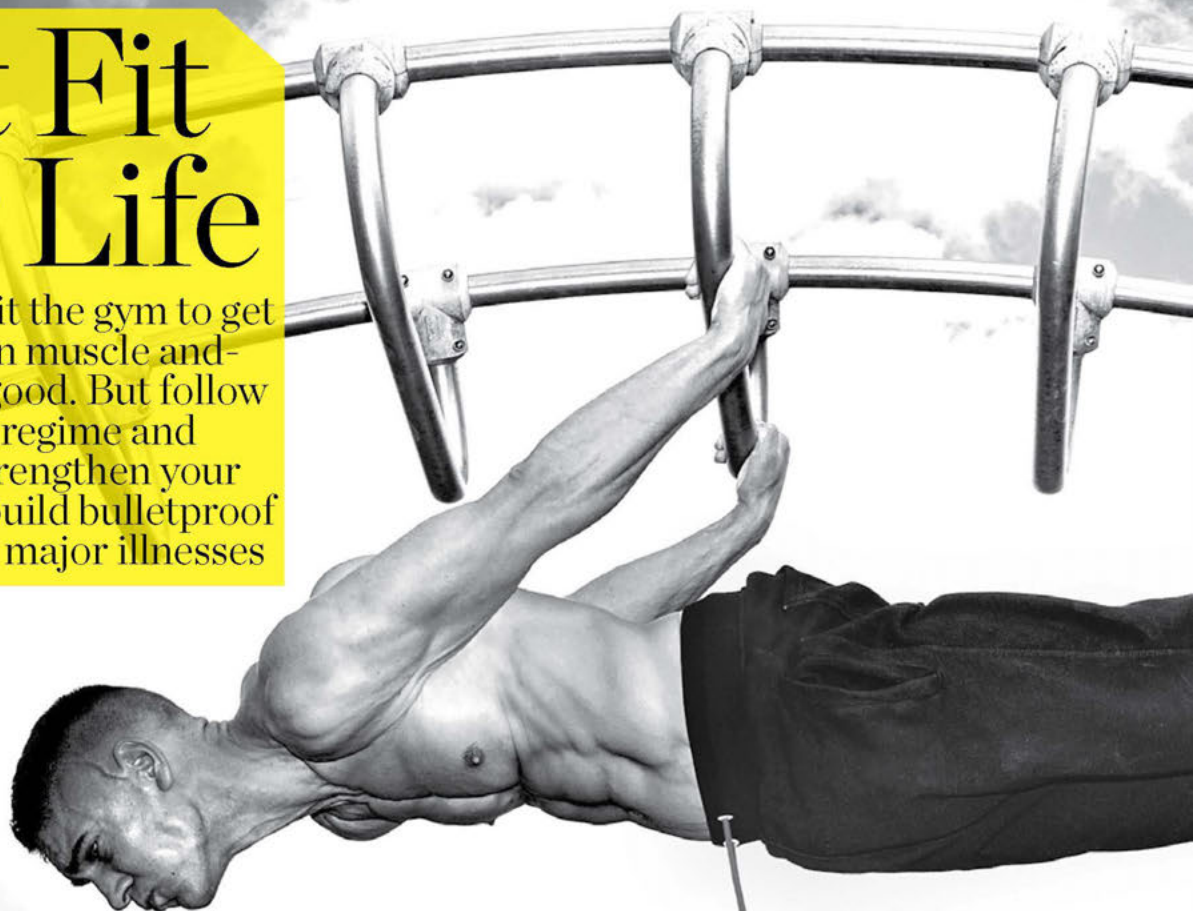


Product	Burn	Monster Ripper	Tzinga	Brewed Black Coffee (Unsweetened)
Quantity per pack (ml)	240	240	250	250
Caffeine (mg) per pack	76.8	76.8	75	60
Sugar (g) per pack	28.8	20.16	39	--
Equivalent teaspoons of sugar (approx.)	5½	4	8	--
Equivalent cups of coffee (175 ml standard)	1½	1½	1½	1

Information by: Qua Nutrition

Get Fit For Life

Most of us hit the gym to get in shape, gain muscle and—yes—to look good. But follow this training regime and you'll also strengthen your organs and build bulletproof immunity to major illnesses



WORKING OUT IS ABOUT far more than just six-packs and showing off; it

should leave you healthier, protect you from disease and generally make you happier. It should, in short, get you fit for life. And we mean for your life today, as well as investing in your physical state for the future. Research from the Harvard School of Public Health discovered that increasing your energy expenditure by just 1,000 calories per week can lower your risk of death from major illnesses by 20 per cent. Which is a lot.

But there's more. By tailoring the style, structure, intensity and duration of your workouts, you can specifically strengthen your body's resistance to five of the biggest threats to your health and improve your overall wellbeing every time you hit the gym. Find out how...

1

LIFT BIG TO AVOID...

Alzheimer's

Smart men go heavy. The Alzheimer's Society reports a six-fold rise in the risk of developing the disease if you have high blood pressure and high cholesterol. While studies suggest regular exercise helps move LDL (bad cholesterol) from the blood to the liver where it's expelled from the body, Brandeis University found that weightlifting circuits performed with a heavy load (60 per cent of your one-rep max and above) were the most effective exercise for boosting memory function.

2

RUN OFF YOUR RISK OF...

Prostate cancer

Regular vigorous aerobic activity cuts your chance of developing prostate cancer by 61 per cent, according to a study by Harvard University. The research found that activities which multiply your resting metabolic rate by six, such as running, swimming, cycling, racket sports, rowing or high-intensity circuits, create an inhospitable environment for tumour growth. As an added bonus, they're not bad for shrinking your waistline either.

3

PUSH YOURSELF TO DODGE...

Diabetes

Work hard against one of the fastest growing health concerns in the developed world. Research from the American Diabetes Association found a 46.3 per cent increase in insulin efficiency when men lifted weights to the point of muscular exhaustion. That's because more fibres are recruited than during basic aerobic activity, allowing your body to better access and release glycogen stores. You should use 50-80 per cent of your one-rep max weight and perform until failure.

Research shows that you can lower the risk of fatal illnesses with regular workouts

4

START SLOW TO OUTSMART...

Arthritis

Warming up before working out is an investment in the future of your joints. A Nottingham University study found that you are 4.2 times more likely to develop osteoarthritis if you've had even a moderate injury to one of your joints. Warm-ups that include joint awareness, coordination and high-intensity upper and lower-body moves result in the greatest reduction in injury risk.

5

WORK MORE MUSCLES TO BEAT...

Heart disease

Exercising multiple muscle groups in one session maximises the oxygenated blood your heart needs. The rhythmic contraction and expansion of arteries allows better dilation and more oxygen to get to the heart. Full-body exertion results in a 30 per cent dip in C-reactive protein levels: a measurement used to predict your risk of coronary disease. ¹⁰¹

www.medispaindia.in

World Class Hair Transplant Center



MEDISPA

Laser & Cosmetic Surgery Center

Dr. Suneet Soni

M.S., M.Ch.(Plastic Surgery), F.C.I.S. (Mumbai)
V.S.P.M.R.S. (Taiwan)

Plastic, Cosmetic & Hair Transplant Surgeon
Visiting Consultant : Fortis Escorts Hospital, Jaipur

2000+
Satisfactory
Hair Transplant
Results

100%
Patient Satisfaction
Only One Day
Painless Treatment

Life Time
Naturally Growing
Maintenance
Free Hair

Every Tuesday
Free Consultation &
Free Seminar on
Hair Transplant Meet
Old Patients

OUR SPECIALITY :

- FUE (Stitchless) by US-FDA approved machine.
- Internationally trained board certified Plastic Surgeon with world wide experience
- Ultra modern German microscopes and team of experts
- White hair, Beard, Moustache, Eyebrow, Female hair Transplant
- Latest FUT (Sutureless), Trichophytic (Scarless) techniques, Body hair transplant
- India's only Hair Transplant Training Institute

OTHER SPECIALITY :

- Liposuction (Parmanent Inch Loss, Tummy Tuck)
- Face Lift
- Breast Surgery (Enlargement, Reduction, Tightening)
- Rhinoplasty (Nose Reshaping)
- BOTOX
- Fillers
- Laser Hair Removal
- Laser Acne Treatment

Jaipur Center :

D145, Opp. Inox, Behind Power House, Amrapali Marg,
Vaishali Nagar, Jaipur
Tel: 0141-402 1234 Mobile: 87640 60028, 88908 45547

Delhi Center:

E44, Greater Kailash 2, New Delhi
Tel: 011-4140 6606 Mobile: 85272 20878, 85272 20815

DUBAI Branch +97-15510-08168

Verbal Entree?

Seduce her to ecstasy with a little help from the principles of fine dining

WOMEN OFTEN LIKEN THE process of seduction and lovemaking to fine dining: Creating the mood (the perfect ambience), verbal stimulation and physical foreplay (entrees), sex positions she'll love (the main course), post-coital cuddling (dessert) and a midnight snack (the espresso to wrap it all up). Hence, if you really want to show her a fine time under the sheets, there's no better way than to offer her a Michelin-star seduction experience right in the bedroom.

CREATE THE MOOD FOR LOVE

Nearly every fine-dining restaurant prides itself in its unique ambience. Here's what you can do to create the mood for love. First, spread clean bed sheets. Then, use the right amount of light and appropriate music to set the tone for the evening. Dim the lights in the room; she'll like the mood but will still want to see that you're there.

As for music, play her favourite CD or preferred music genre. A study from the Long Island Conservatory showed that participants who listened to familiar music had lower anxiety levels and blood pressure than those who listened to music they didn't like. "The emotional response triggers a profound physiological response," says George Stefano, lead author of the study. "It's a feel-good system that allows us to relax."

To get her to relax faster, drip a few drops of aromatherapy oil, or spray a light fragrance on the pillow or on your wrists—enough for her to be able to smell it but not too much that it chokes her. The right scents will probably do wonders for her.

ENTREE: GIVE HER SOME AURAL

Once she's with you in the bedroom, serve up some aural seduction. Get her even more aroused by telling her what you have in store for her. The areas in the brain related to language are larger in women than in men, studies have found. "It's a novel turn-on if you can articulate your passion in a way that engages her," says sexologist Yvonne K. Fulbright, PhD.

Start by lightly touching her wrist, a surprisingly erogenous area. Blow on it and lick it softly. "Any area with fine, downy hair is going to respond best to a light, almost non-existent touch," says Indore-based sexologist Dr Mahesh Nawal. "Just stimulate the hairs and you'll give her shivers."

Next, rub, massage or fondle her lower back. This is a major erogenous zone for women. It'll stimulate her pelvic muscles and make her feel more relaxed. And when she's relaxed,

stroke her inner thighs in the direction of her vagina with your fingers barely touching her skin, occasionally using your lips instead of fingers. "This will transmit a very different sort of sensation than if you're actually making contact," says Nawal.

MAIN COURSE: DON'T FORGET THE SPOON

When it comes to this in the bedroom, variety is the spice of life for women. The more effort you put into varying the sexual experience (including oral sex, intercourse, manual stimulation and others), the more she'll appreciate it and the more likely she'll reach orgasm, found a US survey. When it comes to positions, however, "there's no need to be overly fancy during sex," says Logan Levkoff, a sexologist and author of *Third Base Ain't What it Used to Be*. "The very best positions are the ones that focus on the clitoris."

Believe it or not, the good old missionary position is a favourite. Women love the face-to-face intimacy. But instead of thrusting, slide your body up along her torso so that your shoulders are past hers, and move your hips slowly in a small circle, letting your pubic bone stimulate her clitoris, says Nawal.

The Spoon is another position that she'll love. To women, it's not only physically arousing but also extremely intimate. Ears are portals to two forms of arousal: physical (reflexogenic) and mental (psychogenic), says Dr Nawal. "And it feels very intimate to let a person that close," she adds. Your hand is also free to caress her breasts or work her clitoris if you're in the Spoon. Breathe and whisper into her ear. Touch and lick her earlobes. "There are people who can actually climax just from stimulation of the earlobes," says Dr Nawal.

DESSERT: BE READY TO SERVE SECONDS

If she climaxes in the Spoon position, you'll be in the ideal post-coital place—which is perfect for cuddling. According to a *Men's Health* sex survey, more than


Everything from the right scent, the amount of light to the right music can get her in the mood

50 per cent of women say they want about 20 minutes of cuddling, or for their men to stay awake for some conversation after sex. It might be hard for you to stay awake after intercourse, but no waiter worth his salt falls asleep on the job! If she wants to sleep, make sure she falls asleep before you.

But if she wants to get out of bed, offer to clean her up, give her a shower or offer to towel-dry her body, clothe her in a bathrobe. If she agrees to jump into the bath with you, towel-dry her hair after you both are done. Then massage her hairline at the nape, moving from her hair to her bare neck. "You're stroking the junction of two different tissue types," says Dr Nawal. "Stimulating this border region produces an arousing mix of sensations." This area is also an erogenous zone, so be prepared to serve seconds.

POST-DINNER SNACKS: FIX THE NEXT DATE

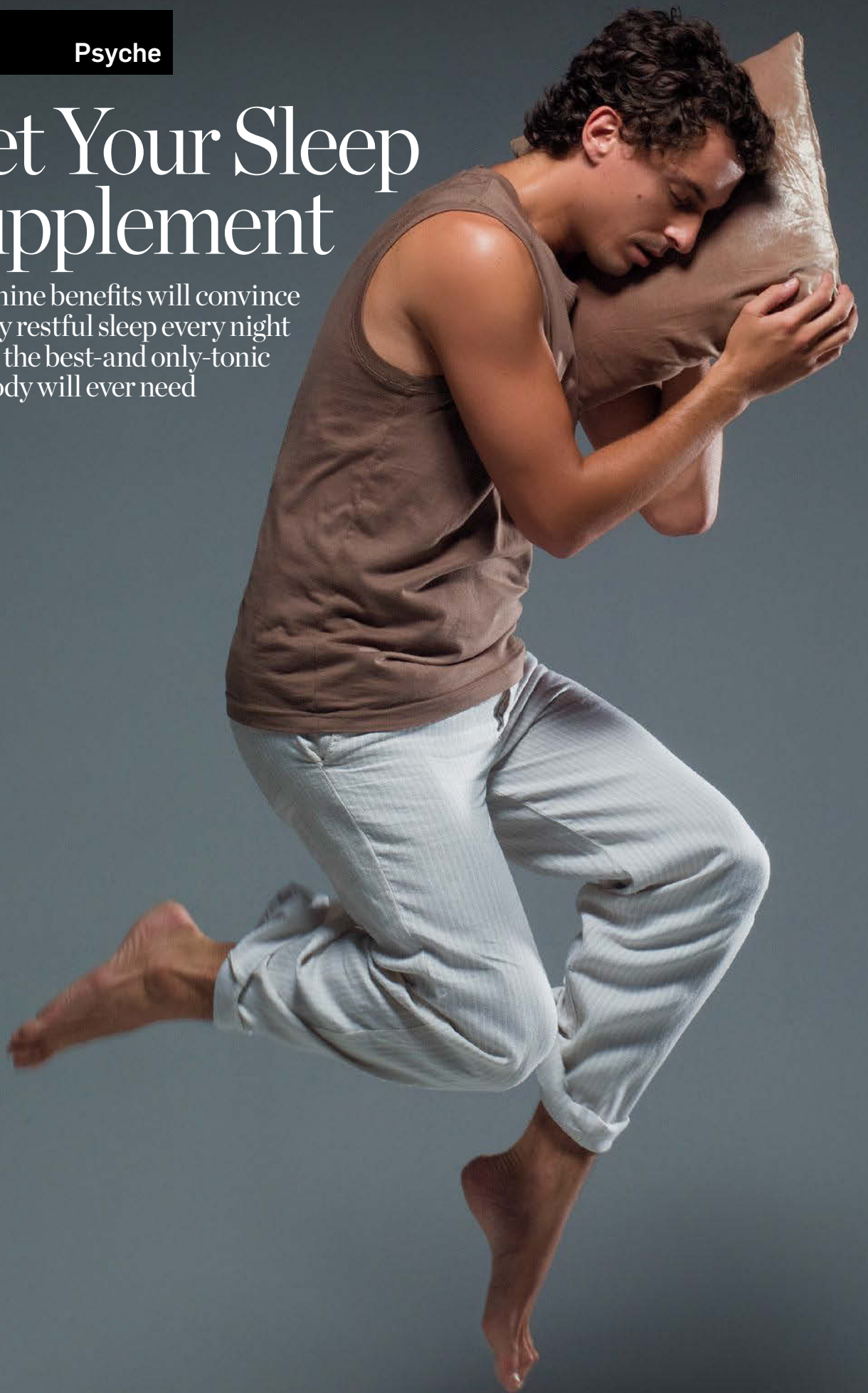
Have some light food and drinks (such as cheese and wine) prepared for her in advance. While she's snacking, arrange the next date. "It validates that there was an emotional connection as well as a physical spark," says Diane Mapes, author, *How to Date in a Post-dating World*, "whereas 'I'll call you later' is code for 'goodbye and good luck.'"

Remember the aromatherapy oil or fragrance? A scented sachet in her bag or her drawer is all she needs to recall your efforts. "If she was sexually aroused by the scent in the past, reintroducing it will create the same arousal because scent and emotions are handled by the same part of the brain," says Dr Alan Hirsch, director of the Smell and Taste Treatment and Research Foundation, US. 

Psyche

Get Your Sleep Supplement

These nine benefits will convince you why restful sleep every night may be the best-and-only- tonic your body will ever need



YOU HAVE BEEN WAITING FOR THE WEEKEND TO CATCH up on your lost sleep thanks to the late nights you have been putting in. But not only is trying to doze away a deficit ineffective (you need eight hours every night: sleep doesn't work like flexi time), according to a study in the *Journal of Clinical Endocrinology and Metabolism*, just a single night's frustrated tossing and turning can induce insulin resistance, a precursor of Type 2 diabetes. So read on if you want to live a longer life, get stronger, smarter and happier in bed.

ATTACK PROOF YOUR HEART

Researchers at the University of Warwick, UK found evidence to show that inefficient sleep could lead to a range of heart-related ailments that often result in early death. Simply put, the body is better able to clear the build-up from blood vessels if it gets more rest.

Body benefit Just seven hours of sound sleep can cut your chances of heart disease by an impressive 30 per cent. On the flip side, needing too much sleep—more than nine hours at a stretch—may be an indicator that you are suffering from an illness such as cardiovascular disease.

1

LIVE A LOT LONGER

The combination of caffeine and sleep can protect your liver, according to a report published in the *Journal of Hepatology*. Drinking four cups of coffee per day increases levels of polyphenols in the bloodstream, protecting cells against damage. The impact is greatest when the doses are at four-hour intervals. So, have your first boost when you wake up at 7am and your last at 7pm. Caffeine won't disrupt your sleep but the polyphenols will take the night watch over your liver.

Body benefit Research found going to bed on a caffeinated stomach reduces your risk of liver disease by 53 per cent.

2

THE ANTI-CANCER BOOZE-SNOOZE

Here's another good reason for an after-work pint. Research from the German Cancer Research Centre found a powerful antioxidant present in hops binds to androgen receptors, which are responsible for the growth of prostate cancer cells, thereby lowering your risk of the disease. Time your last pint a couple of hours before bed and you will be waking up to a "healthy" hangover.

Body benefit Sleep off the disease that, in the next three years, is predicted to become the most common cancer for men.

3

WAKE UP THINNER

Your metabolism is usually at its lowest at night, but a report in the journal *Clinical Nutrition* found that after eating a snack high in monounsaturated fats, such as nuts, increases your fat-burning potential and remains high for seven hours. Eat them after dinner to help your body burn off fat while you're sleeping!

Body benefit A 15 per cent increase in your body's unconscious fat-burning potential, so you will actually wake up thinner.

4

BUILD MUSCLES OVERNIGHT

Research from the University of Wisconsin in the US found that you lift weights faster in the evening, which increases muscle growth overnight. A University of Texas study shows eating cereal with milk causes a 17 per cent boost in the muscle rebuilding process. So tuck into a bowl 20 minutes after your workout.

Body benefit Maxed-out muscle growth with your eyes shut. **MH**

5

THE ULTIMATE SLEEP-INDUCING WORKOUT

Work yourself to just the right level of exhaustion for a better night's kip



GO ATOMIC

Say adios to any chance of a poor night's sleep. Adopt a press-up position with your hands and feet shoulder-width apart. Engage your glutes and core. Now slowly drop your elbows backward until they hit the floor. This move will hit every part of your triceps. If you find it tough, raise your butt slightly, or add a little speed. Then return to the press-up position.



PUSH FOR MORE

Now, perform a controlled press-up (nose to the floor). Keep your elbows close to your sides and maintain a strong, rigid body. Don't forget to keep the glutes and core engaged. While this move would normally feel easy, you have just blasted your triceps, forcing your chest to work that little bit harder. Push back up, trying to contract your pecs together as you do.



DIVE FOR GRAVITY

Then, to hit the shoulders, fall into the gravity press. Keeping your hands and feet where they are, push your backside up and back, so that you form an inverted V-position, with your biceps close to your ears. Now slowly lower your forehead to a point between your hands, allowing your elbows to spread wide. Return slowly to the inverted position, and get ready for one last sleep-bringing push.



DIVE INTO SLEEP

Finish up with the dive-bomber press. Bend your arms as you aim your forehead towards your hands. As your head approaches your hands, allow your nose to skim across the floor then lift your chest towards the sky. End with your back arched and arms straight. Performed correctly, you will feel the chest, shoulders, triceps and core all working. Repeat five times to make up one full cycle. Exercise designed by Kesh Patel, Research & Development Manager at Premier Training International, UK.

Lay It Off

Go ahead and delete “I won’t ever use 90 per cent of my brain” from your list of worries. While you’re at it, here are more weird health myths you can stop worrying about



FRET NOT, REWARD YOURSELF WITH ATTENTION IMPROVING GUM

A PSA OF 4 OR HIGHER MEANS PROSTATE CANCER

HIT ☐ **MYTH** ☒

That’s the health myth some urologists have led us to believe. “Most men think elevated PSA levels can only mean prostate cancer,” says urologist, Dr JG Lalimalani, consulting urologist, Hinduja Healthcare Surgical, Mumbai. “But any trauma or inflammation can cause PSA to leak into the surrounding tissue [of the prostate], where it is picked up in the bloodstream.” In fact, everything from a bacterial infection to a long bicycle ride can cause a minor jump in your PSA level. PSA scores between four and 10 fall into a diagnostic gray zone, where, until recently, the only way to confirm the presence of cancer was with a biopsy. Now, however, doctors can follow up with a complexed PSA (cPSA) or percent-free PSA exam, tests that, according to Dr Lalimalani, measure different molecular forms of PSA. It’s the best way to determine whether your PSA is elevated due to cancer or a benign condition. If your PSA is even 2.5, ask your urologist for a cPSA or percent-free PSA exam.

IF YOU SWALLOW GUM, IT STAYS IN YOUR STOMACH FOR YEARS

HIT ☐ **MYTH** ☒

Your digestive system manages gum much like it would anything else. And while gum may not break down the way many foods do, it’ll still pass through (and out of) your body within a matter of days, shows a study from the journal *Pediatrics*. Big caveat: Because chewing gum holds up better than most foods to all of your guts enzymes, swallowing a whole lot of it could potentially clog up your esophagus or intestines, the study suggests. You’re probably better off spitting it out.

BALDNESS COMES FROM YOUR MOTHER’S SIDE

HIT ☐ **MYTH** ☒

You might have inherited a few weird quirks from mom, but balding isn’t necessarily one of them. Though it’s estimated that 80 per cent of balding is hereditary, the strength of your strands is affected by plenty of other variables. According to a McGill University study, several genes—and not necessarily all from mom—contribute to how much hair

you have. In fact, one-third of all men experience hair loss by age 45 from a testosterone-and-enzyme combo called DHT. But even if all familial signs point to baldness, there are steps you can take now to keep your locks fuller longer. Consult your dermatologist for advice regarding prescription or over-the-counter solutions to hair loss, including minoxidil and finasteride—more commonly known as Rogaine and Propecia.

THE MORE YOU SHAVE, THE THICKER AND/OR DARKER YOUR HAIR WILL GROW BACK

HIT ☐ **MYTH** ☒

Shaving removes the dead portion of hair, not the living section beneath the skin’s surface. Obviously, shaving away dead hair doesn’t change how the living part grows. After you’ve lopped off those dead bits, the stubbly hairs that soon protrude may be slightly darker than the rest of your hair. But that’s only because they haven’t been exposed to sunlight or other lightening agents. **MH**

Hit or Myth is a column that aims to help clear the misconceptions that have been hounding you all these years

WORDS: HENRY TAYLOR; PHOTOGRAPHY: CORBIS

INDIA
TODAY

SAFAIGIRI

Summit & Awards 2015



Sometimes, all it
takes is a small push
to bring about a
sweeping change.

Unlearn The Fitness Rules

You don't get a ripped body by training hard in the gym. You need to question everything you know and apply it according to your body's needs

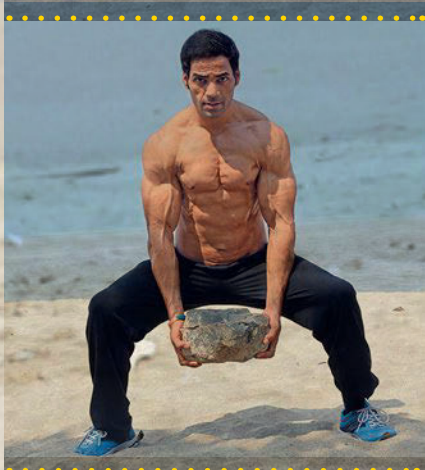
WORDS: PRIYA TALWAR PHOTOGRAPHY: SAYAN SUR ROY

IF EVER AS A CHILD, YOU ENDURED the mockery and jibes for being fat, there in an inherent fear about not just being in that body again but also talking openly about it. Not for Jitendra Chouksey “I have shared my ugly (read fat) pictures from my past on my FB group, ‘SQUATS’, an open group for nutrition and training advice.” Chouksey says this with a confidence that doesn't boast of individual achievement but a mist of hope, which he wishes to share with anybody who's struggling to get fit (read not just lose weight).

FIND THE RIGHT SOURCE OF INFORMATION

A 28-year-old consultant working with a Pune-based IT firm, Chouskey went through a fairly typical journey of someone trying to lose weight but without the proper resources and/or mentors. All the lard one tends to put on post marriage was enough to push Chouskey. He had to get fit, he had decided. He did cardio and





weight training everyday, cut down on his calories and after three months, he lost 11 kilos. One would assume that the from 73kg to 62kg was the transformation but for Chouskey, that was just the beginning to unlearn the prevailing fitness advice and a step towards his new role of a mentor to several hundreds (including 26 athletes for a bodybuilding competition he is preparing for) on his FB group, SQUATS or Systematic Quantitative and Unified Aesthetic Transformation System.

MOTIVATE YOURSELF FOR THE LONG TERM

“When I took part in Fit Factor, a body building championship, I had a decent physique and I knew there was no need per se to be in body building but my primary motivation was to see how far I could go,” says the father of an 11-month old. A tight budget was no spoiler for him as his friends helped him in the funding. And today he is preparing for Muscle Mania, for which he is getting advice from Team Wild, a coaching company for bodybuilding. Not only that he is also pursuing sports nutrition from the International Sports Sciences Association. The “question everything you’re told, try to find the logic behind everything” approach Chouskey feels has come after he learnt from making mistakes himself. When he lost those 11 kilos, he did not realise he had lost only two per cent of body fat and too much muscle. “I had cut down on my calories, and had screwed up my metabolism as everything I ate got converted into fat,” he writes in *Get Shredded*, a basic guidebook he wrote on nutritional advice.

LEARN AND SHARE

Unlike many people for whom a six-pack or losing weight is a manifestation of their achievements, for Chouskey, his achievements reside as much, if not equally, in the journeys of people he has mentored. “There was this 40-year-old guy who came to me after a long and futile attempt to lose weight. From 100 to 80 to 90, he was constantly struggling until I prepared a Keto diet for him.” And when he plans diets for people, he does not chart out every meal like one would expect. He lets them plan it and then modifies it on the basis of their BMR and

JITENDRA'S TIPS FOR STARTERS

- **Burn Fat While Resting:** Instead of running on the treadmill for hours, focus on building muscles as the more muscles you have, the more fat your body will burn when at rest.
- **Calculate Your Macros:** Eat whatever is required to maintain or reduce or increase your weight. That way you can avoid being overly cautious about your eating choices. Also, check your Basal Metabolic Rate (BMR) and Daily Energy Expenditure (DEE).
- **Don't Go Overboard On Protein:** At the end of the day, everything that's above your DEE gets converted to fat, even protein. So eat as per your macros.
- **Don't Remove Fat From Your Diet Completely:** Fat is not the enemy, those extra calories are. Fats are required for many hormones, including testosterone.
- **Do Not Overtrain:** Overtraining leads to increased cortisol production and damages your hard earned muscles.

Everybody has the potential to reach their goals, they just need proper motivation

daily energy expenditure. The fundamental to his approach he says is sharing everything you have learnt. “Everybody has the potential to reach their goals, they just need proper motivation. And we are helping ordinary people at SQUATS in the hope that they can too help others in the future,” he adds. [MHI](#)

Surprising Superphysique is a column that celebrates regular guys whose commitment towards fitness is worth emulating

THE BIG BAI THEORY



WHAT'S AN EXTRA INCH WORTH TO YOU? THE ANSWER, JUDGING BY THE NUMBER OF INDIAN MEN WHO ARE WILLING TO SIGN UP FOR PENIS ENHANCEMENTS, MAY SURPRISE YOU. MH INVESTIGATES THE NEW TREND IN COSMETIC SURGERY: THE PENOPLASTY

PHOTO IMAGING: AZAD MOHAN



NG

T

There was a time when the idea of penis enlargement existed only in the classified ads of newspapers, or on discarded flyers in park bushes and the backseats of buses. Then, with the internet came frequency—those malware-addled pop-ups on saucy sites, unsolicited offers in the subject lines of spam emails—but the sentiment remained the same. Bawdy promises were the stuff of pitiful jokes and sleazy scams. Nowadays that's all changed. In 2015, big cocks are serious business.

The world of penis primping has gone under the knife. Unlicensed pills and risible pumps have been supplanted by the clinics on London's Harley Street and New Delhi's fancy hospitals. The people taking out ads promising "BIG results" are no longer con artists but trained, highly remunerated plastic surgeons who specialise in the industry's biggest growth area.

Penoplasty is changing the male attitude towards surgery, just as the 'boob job' made women more receptive to cosmetic procedures back in the day. This, according to industry insiders, is just the beginning.

Just as the beauty industry laid the foundation for male grooming, it would seem that men have been patiently waiting for their turn to go under the knife. "With the consciousness levels going up by ►

Special Report

► the hour, thanks to enough to read and view over the internet, men are becoming more and more aware of their body image and are ready to give in to surgical procedures to enlarge the penis' size. In many cases my clients tell me that they have wanted this procedure for a long time, but have lacked the confidence or means," says N Subramanian, senior consultant, Urology, Indraprastha Apollo Hospital, New Delhi.

Now, many men have the chance to make exactly the same sort of choices as women: to alter things that are highly personal to us. Compared to a few years ago, the number of men now opting for cosmetic procedures has significantly gone up, confirms Delhi-based dermatologist and cosmophysician Dr Deepali Bhardwaj. The procedures range from laser hair-removal to mole and wart removal, to pectoral implants; clearly, the male appetite for cosmetic procedures is increasing. But where has this demand come from, and why? Who are these men flocking for consultations? And who, precisely, are they trying to impress?

Dr DJS Tulla, HOD, Department of Aesthetic and Reconstructive Surgery, Primus Hospital, New Delhi says, "There are primarily three different aspects to a penoplasty or phalloplasty

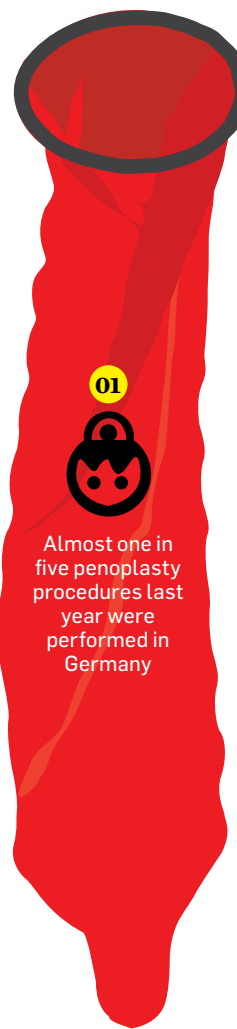
surgery; (i) Reconstruction, in order to improvise; (ii) Injury or amputation; (iii) Gender change. Out of the above three, the most common cause of a penoplasty in India is a disease or genetic defect (someone who is born with a smaller size or 'micro penis')."

However, vanity too plays a significant role. "It's truly an obsession for men, from gym locker rooms to comparing sizes for ego boosts and an escalated sense of pride amongst one another in a group," says Dr Bhardwaj.

GROWTH AREAS

Penoplasty is, in most cases, a simple operation. The procedure lasts up to two hours, costs ₹60,000 onwards and involves simultaneous lengthening and thickening of the penis. First, the surgeon strategically snips the 'suspensory ligament', which is a lot like slackening the supporting line to a tent pole. Once loosened, the canvas droops. It is then re-attached to the pubic bone around 1-2in lower than before. Crucially, the operation offers minimal improvement in erection size but does provide a few, precious inches of flaccidity.

Meanwhile, a small amount of liposuction is performed on your lower stomach. The fat is saved



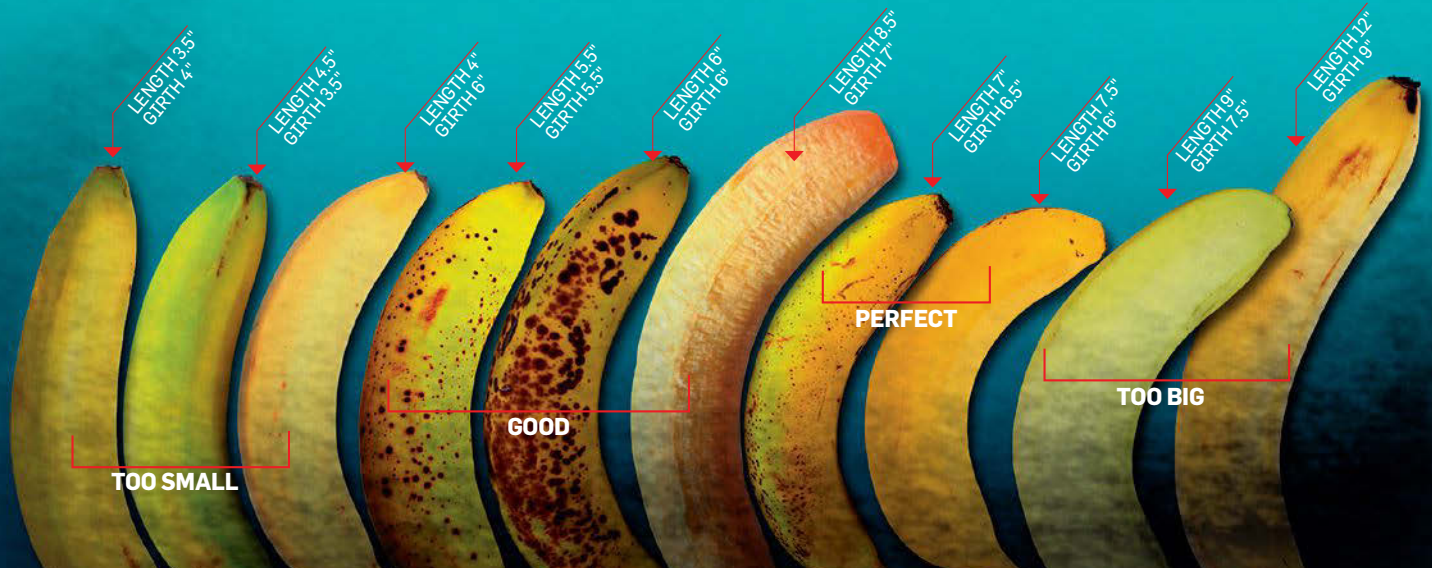
"FAT IS TAKEN FROM YOUR LOWER STOMACH AND RE-INJECTED"

and the underside of your member sliced lengthways, so this fat can be reinjected. To mix metaphors, this procedure is akin to inflating a bouncy castle and is where you can gain another 1-2in extra girth. The augmentation process can be ineffective, however, so the newly injected fat must be massaged around the penis for up to 12 weeks following surgery. "The entire procedure of a penis enlargement surgery needs to be carried out with extreme caution. If the amount of fat injected is invariably more than the required amount, it can result in painful lumps. The regular recovery time after a phalloplasty surgery before putting the organ to its complete functionality is about six weeks," says Dr Ajaya Kashyap, Director of Cosmetology, Fortis Memorial Research Institute, Gurgaon.

So what do you have to show for your six grand clinical bill? Ultimately, it's a penis that looks longer than it used to be. No real, extra flesh has been added; rather, existing potential has been maximised. It will be thicker, but could end up looking like something out of a '70s grindhouse flick. And this is the misnomer: whereas breast augmentation offers women elastic criteria to alter the size and shape of their chests, men stump up north of ₹5,00,000 for,

SIZE MATTERS

Hung jury: how do you measure up to what women have described to be their perfect proportions?



at very best, a measly 2in of growth. Throw in regular penis stretches (by dint of a traction-operated penis extender) that your doctor will prescribe post-surgery, plus the inevitability of wounds reopening due to involuntary erections, and it suddenly feels like a very big deal indeed.

GAME OF INCHES

What sort of man would endure such a procedure at considerable financial and emotional cost? Dr Subramanian says, "There are men who, by adulthood, sense that their penises are smaller than they should be." This means men for whom a centimetre or two can mean the difference between hiding behind a gym towel and full body confidence. "Most are concerned about their penis in its flaccid state," he says. "There's not always a sexually driven motive for undertaking the operation. 'Shower syndrome' is the fear most commonly described to me," says Dr Tulla.

Dr Kashyap reiterates that the number of men seeking solutions to these kinds of anxieties is many and rising. But doubts still remain. You may not have seen many of your contemporaries checking in for a quick reinforcement—none would have shared the details. But the inference that men are undergoing surgery, not only for the benefit of their sexual partners, but to impress their peers may sound a little dubious. But a penoplasty patient gives us his reason.

SUPERSIZE ME

Abhishek Sinha (name has been changed for the sake of privacy) was once below average. At least, that's what the numbers said. About 4.9in in length, 4.4in in girth. Opting for the "classic" penis-

enlargement, he grew by more than 1.1in in length, while liposuction gave the extra fat to bulk up the girth. "For a guy who avoided all situations involving nudity from the age of 14 onwards, this has been a massive change," he says. "Three years ago, my sex life was a disaster. Just the thought of doing anything with the lights on used to make my stomach turn. This operation has changed my life and not because I now look like a porn star," he grins. "Because I don't. My dick is a normal size now. Or 10 per cent more than normal, to be precise. It's 6in. For me, that's enough."

So was it worth it? Abhishek is frank. "Initially, I felt the improvement was sexual," he tells me. "I had a bigger penis, and for that reason I was sleeping with different girls. The bigger penis was also making me a better lover. Not just psychologically

but physically. I didn't have to be half-cut when I went home with someone. Ultimately, we're talking about confidence. That's what penoplasty has given me."

In Abhishek's case the desire to emulate this yardstick was the catalyst to his decision to go under the knife. So where does this model of perfection stem from? Well, you don't have to be a super sleuth to guess that it might have something to do with porn. Dr Bhardwaj says, "We're now exposed to so much porn that we can't help but construct an aspirational and aesthetic ideal in our minds."

BIG GAINS

Maybe it's not that complicated. Maybe it's not because cultural and societal shifts have seen porn stars become male role models. Maybe it's not because we've

been conditioned to believe that this is necessary if we're to be considered good in bed. Maybe it's just because we can. A big cock has become a desirable commodity, and at ₹60,000 is on a par with an expensive watch or a cheap car. If ₹60,000 is all that stands between you and a lifetime of self-confidence, who can argue against it?

Dr Ramani Durvasula, a clinical psychologist from LA, counsels against surgery as some kind of panacea for male anxiety or simply as a one-stop pick-me-up. "On one level, I get it. The procedures exist, they're a little safer, more affordable. So men can avail themselves of a little penile primping without dwelling on it too long," she says. "But the downstream effect of cosmetic surgery is often disappointment. You're the same guy, just with a prettier penis. The big return you've been waiting for may not come." [www](#)

THE LONG & SHORT OF IT

Check whether you'd be big in Japan or a flop in the USA with our guide to average erect lengths across the globe



THAILAND
3.7"



ITALY
4.9"



JAPAN
5"



IRELAND
5"



RUSSIA
5.2"



INDIA
5.4"



USA
5.6"

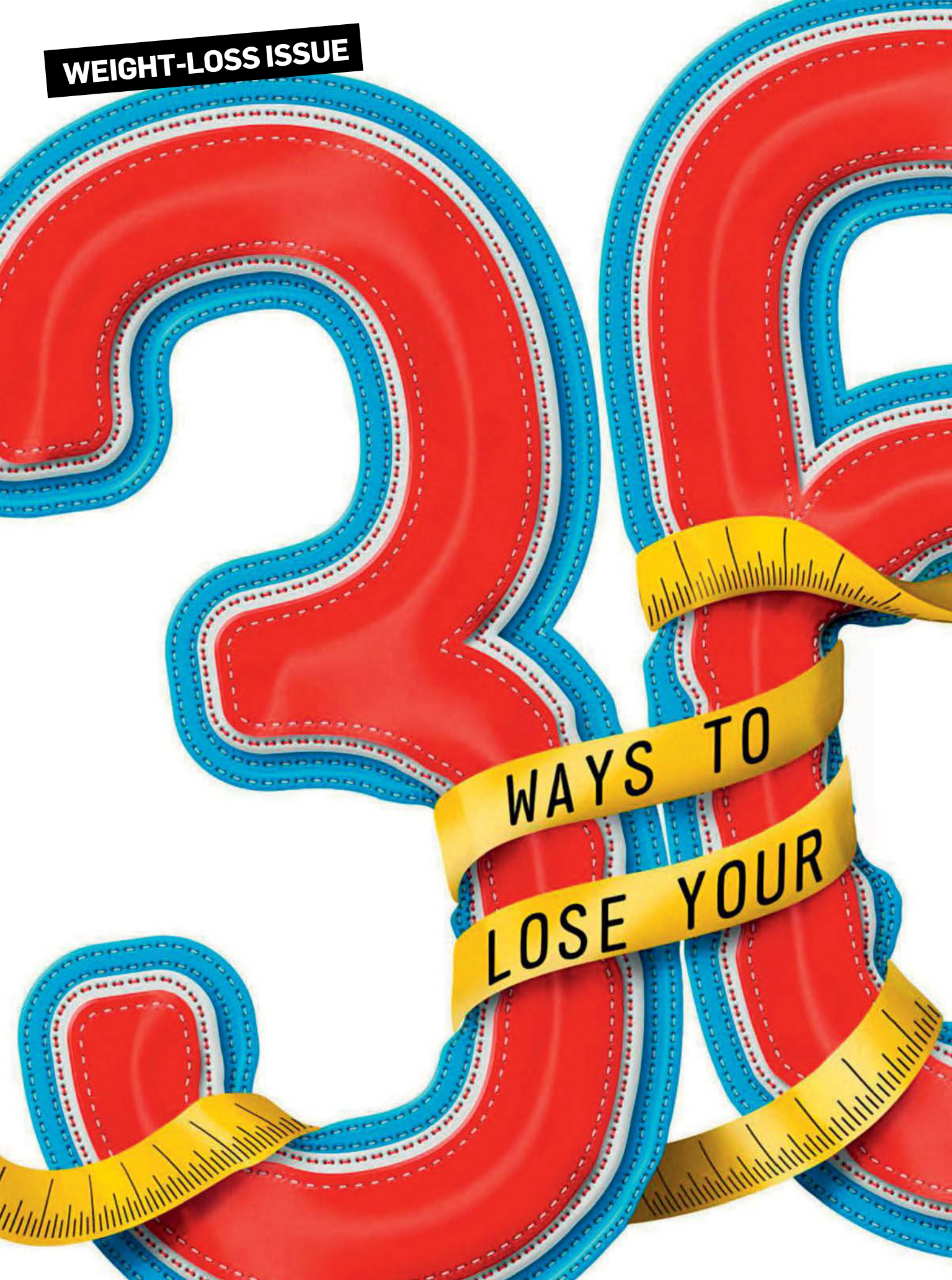


UK
5.6"



GERMANY
5.7"

WEIGHT-LOSS ISSUE



**WAYS TO
LOSE YOUR**



HANDLES

**SUCKING IN YOUR STOMACH TO
BUTTON THOSE OLD JEANS?
A 36-INCH WAIST PUTS YOU
AT A HIGHER RISK OF HEART
ATTACKS AND DIABETES.
EXTREME MEASURES ARE NOT
NECESSARY. HERE ARE 36 WAYS
TO REVERSE THE SPREAD, YOU
WON'T EVEN FEEL THE PINCH**

INSIDE

WHO WILL LOSE WEIGHT FASTER,
A VEGAN OR A MEAT EATER? P73

HOW TO BOOZE ON A DIET P78

DIETS THAT WORK AND DON'T P83



01 Burn The Trees

Eat green vegetables for breakfast (think omelette, not cereal topping). They contain a phytochemical called IC3 which will ramp up production of fat-burning testosterone before your morning workout.

02 Switch Off

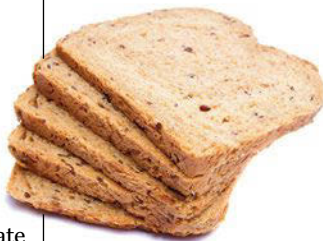
It's Tuesday night. You're late at home. But the noise of the TV when you're eating dinner drowns out your stomach's 'stop bloody eating' messages, causing you to take in about 300 calories more, found a study by the University of Massachusetts. Game Of Thrones can wait.

03 Burn fat in bed

Double your bedtime action with a casein shake before sleep. A Dutch study found that increasing your casein intake by two and a half times will boost your metabolic rate overnight and your satiety levels will be 33 per cent higher across the following day.

04 Carb Your Enthusiasm

The old doctrine is wrong: Carbs at night are a good thing. An Israeli study showed that while on a restricted diet of 1,500kcal, those who ate carbs in the evening lost 27 per cent more fat than those who ate them at lunch.



05 Choose Weight

Research on dieters who don't lift weights found that 25 per cent of weight lost is from muscle. Don't be that guy.

06 Hunt In Packs

She's right, it is your friend's fault: "Individuals with similar body fat levels form groups and social forces drive them to obesity," say psychologists at the University of Colorado. You don't have to be a hermit – just partner up with people who have similar fitness goals.

07 Turn pro(biotic)

Yakult and Actimel will do more than pump you full of benevolent bacteria, says Lovneet Batra, clinical nutritionist, Fortis La Femme. "Probiotics interfere with calorie absorption, so there are fewer to pack on as abdominal fat." Take them for six weeks to shed four per cent body fat.



Fat Loss Factors



Psych

Think yourself slimmer



Exercise

Swap paunch for Power



Nutrition

Eat Away the inches



Lifestyle

Changes you won't even notice

Get On Your Bike

Make cycling your go-to form of cardio for chasing down visceral fat. A study published in the *Journal of Physiology* showed that cycling for at least 20 miles a week led to a seven per cent drop in visceral fat and a seven per cent overall drop in fat around the waistline after eight months.

09 Big Yellow pill

Vitamin D can help you lose lard all over, but it's particularly helpful for that replica good year sitting on your belt. The University of Minnesota found that Vit D triggers weight loss by regulating fat cells. Escape abroad for some sun instead.

10 Slog Days Are Over

Steady-state cardio does nothing to shift stubborn midriff fat. Swap long runs for sprint sessions to shed your belly faster, say University of New South Wales researchers.

TURN TO P64
FOR MORE
WEIGHT-LOSS TIPS



THE VEGETARIAN VS MEAT EATER WEIGHT-LOSS CHALLENGE

25-year-old Vishesh Narang lost 42 kilos following a strict vegetarian diet. He tells us how his change in nutrition, combined with an extensive workout helped him ditch the lard.

Vishesh Narang, Chartered Accountant, *Vegan*

VS

Sarthak Sachdeva is a self-proclaimed foodie. Nevertheless, he lost 39 kilos by intelligently tweaking his meals and workouts. He tells us what's essential to banish unsightly flab.

Sarthak Sachdeva, Businessman, *Meat eater*



"PLANT-BASED NUTRIENTS NOT ONLY HELP YOU LOSE WEIGHT BUT ALSO MAKE YOU HEALTHIER AND HAPPIER"

them. That's when I started taking fitness seriously.

The Right Fuel

Before Breakfast: A cup of black coffee

Breakfast: Only fruits

Lunch: One vegetable and two varieties of pulses; *chapati* and rice is restricted to four times a week only

Evening snack: Roasted *chana*, puffed rice

Dinner: Combination of boiled pulses

Rules Of The Game

After much experimentation, I realised that the key to weight loss lies in what you eat and when. Though an all-vegan diet is high in fibre, it's high in carbs too. You need to balance it out.



THE WINNER IS... AND ADVICE YOU CAN USE!

BY JIA SINGH, DELHI-BASED, NUTRITIONIST AND WELLNESS WRITER

VISHESH'S diet isn't

high in protein and probably too high in carbs for his goals. He might also be missing out on vital vitamins and nutrients like iron, Omega 3, Vitamin B, C and D, so supplementation might be advisable after levels are checked. Fruits for breakfast aren't nearly enough and should be complemented with a bowl of gluten-free granola or unsweetened oatmeal. A vegetarian diet is often deficient in B Vitamins as well as probiotics, so probiotic yoghurt and fermented foods could be added.

THOUGH

comprehensive, Sarthak's diet should substitute multigrain bread for quinoa or a gluten-free counterpart. To avoid Vitamin B and C deficiency, he should have vegetables and insoluble fibre for better digestion and improved lipid profile. All in all, it is a balanced diet with room for indulging once in a while.

"EGGS, CHICKEN AND FISH FORM A BIG PART OF MY DIET. THEY HELP IN MUSCLE BUILDING AND RECOVERY"

Living With Those Kilos

My meal size was governed by how well the food was prepared and not how hungry I really was. For me food was the only source of happiness.

Turning The Tide

Being mocked at every social gathering for my gigantic size spurred me into action.

The Right Fuel

Breakfast Oats and a cup of coffee or an egg white omlette with multi-grain bread.

Mid-morning snack Almonds and whey protein.

Lunch Chicken, veggies and two slices of multi-grain bread with yoghurt

Evening: Apple/tea (before workout) and almonds

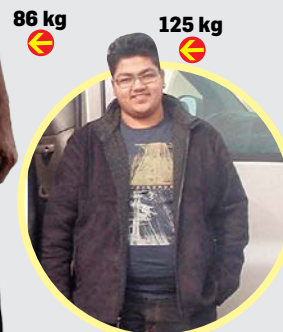
Dinner: Roasted chicken or fish + soup and salads

Post Dinner: Green tea with lemon

Rules Of The Game

Instead of completely cutting out calorie-rich food, change the way you eat them. Replace curry with roasted chicken, fried fish with grilled varieties.

AS TOLD TO SOHANI DOGRA



FROM FAT TO FIT

135kg

94kg

OLD HABITS

- 1 Had no concern of the calorie count
- 2 Unplanned exercises
- 3 Said yes to all kinds of foods
- 4 No motivation

NEW HABITS

- 1 Plans the calorie intake in advance
- 2 Focused workout sessions
- 3 It's all about selected foods
- 4 The remarkable results are motivating

FROM FAT TO FIT

125kg

86kg

OLD HABITS

- 1 Lived on junk food
- 2 Zero physical activity
- 3 Aerated drinks through the day
- 4 Carb and fat rich foods

NEW HABITS

- 1 Prepares his own meals
- 2 Numerous dedicated hours at the gym
- 3 Green tea
- 4 Protein rich diet



✕ 11 Tart dressing

Take your condiments sour and stop the 3pm vending machine dash. Adding vinegar or lemon juice to food slows the rate of digestion. "It means you'll be fuller for longer, while blunting the insulin spikes that make you snack," says Batra.

👤 12 Snooze to lose

Lack of sleep leads to more than bleary-eyed comfort-eating. Chicago researchers found it blocks your fat cells' ability to react to insulin, making you more prone to fat storage. Try eating foods rich in vitamin B6 such as fish and chicken: It increases sleep-hormone production.

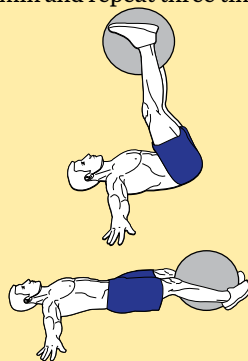
🏋️ 13 30-second fix

If Pilates is good enough for The Rock, it's good enough for you. Suck in your gut as if you were buttoning a tight pair of jeans then hold for 30 seconds. Repeat five times and you'll see the difference within two weeks, says *MH* fitness advisor, Deckline Leitao.

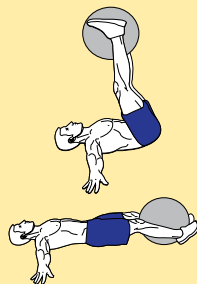


14 Side orders

A love handle-free waist means building your obliques, says Jorge Cruise, author of *8 Minutes in the Morning to a Flat Belly*. He recommends the leg roll. Do 10 reps, rest for 1min and repeat three times.



1 Start by lying on your back with your arms out to your sides. Prop a stability ball between your ankles and lift your legs toward the ceiling.



2 Keeping both shoulders on the floor, exhale and lower your legs to the right. Inhale to return, then lower your legs to the left.



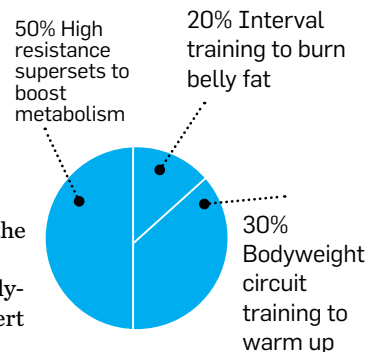
15 Stub It Out

If you smoke, you're significantly more likely to store fat in your abdomen, say Japanese scientists.



16 Three-pronged attack

Divide gym session into the components on the right for the most effective belly-fat burn, says fitness expert Neeraj Mehta.



17 Blood lust

A Danish study found men on a 25 per cent protein plan lost twice as much fat as those taking in just 12 per cent. Trim down faster by cooking it rare—it's harder to digest so you absorb fewer calories say Alabama scientists.



18 Slowly does it

A key molecule in fighting infection also attacks belly fat. Interleukin-6 speeds up your metabolism and the best way to trick your body into pumping it out is to perform a slower eccentric (downward) phase of moves. It amps up the strain, which triggers the release of the molecule to reduce inflammation and incinerate your spare tyre.



Don't Discount Grains

A US study compared popular diet plans and found that eating low-GI grains raises your resting metabolism in the same way protein-only plans do, but without the associated increase in the risk for heart-disease.



20 Run The Numbers

Remember those simultaneous equations at school? Here's an easy one: for every 45min you spend at your desk or watching TV, spend 15 on your feet. The US Endocrine Research Unit found obese people sat for 164 minutes longer per day than lean participants. A few quick trips to the shops could burn an extra 350 calories a day.

21 Fat-slashing Intervals

- 1 Row for 60sec, noting the distance on the machine.
- 2 Row slowly for 60sec. Then row for 55sec and try to match or better your distance from the first time.
- 3 Rest 55sec, then repeat, reducing the time to 50sec. Continue until you can't beat your original distance, or you collapse.



22 Spoil A Good Walk

Hit the fairways. If you've a waist over 36 inches, you're spending too much time indoors. "The lifestyle shift needs to happen first, and there's no better start than walking round a golf course," says Mehta. Time spent outside also lowers levels of cortisol: The stress hormone linked to belly fat.

TURN TO P66
FOR MORE
WEIGHT-LOSS TIPS

HOW TO DRINK WHEN ON A DIET

BOOZE MEANS CALORIES
NEWS FLASH: YOU CAN ENJOY THE BUZZ EVERY FRIDAY AND STILL KEEP YOUR DIET IN CHECK. HERE'S HOW...



The Single Man's Bubbly: *Beer*

Calorie count (per 150ml): 64.5g

Wine usually gets all the credit as the booze that helps cut back your risk for cardiovascular disease, but beer may be just as heart-healthy of a beverage. Italian researchers found that moderate beer drinkers had a 42 per cent lower risk of heart disease compared to non-drinkers. For maximum protection, keep it to one pint—at around five per cent alcohol by volume—a day, the researchers say.



The White Lie: *Vodka*

Calorie count (per 150ml): 64.5g

The best way to refresh in this simmering heat is to infuse the drink with mint and antioxidants from tea. "Combine six fresh mint leaves, one teaspoon honey, one black tea bag, and one cup boiling water. Let it sit for two minutes, freeze, and pour the liquid into a glass with ice. Add a shot of vodka and garnish with a lemon wedge," says Pawar. Avoid with energy drinks as the high caffeine content in energy drinks offsets the sedative quality of alcohol.



The Celebration: *Champagne*

Calorie count (per 150ml): 114g*

No one will know the difference if you have it with a spritzer with soda or sparkling water. "You get more volume and less alcohol," says nutritionist and wellness consultant, Jia Singh. You can also have it with raspberry puree and freshly cut berries like blueberries and strawberries to add fibre, vitamins and natural sugar, says Manoj Pawar, a Delhi-based bartender with Sufiaana by Cherish.



The Populist Vote: *Single Malt*

Calorie count (per 150ml): 375g

Single malt whiskey is best taken on the rocks. To avoid dehydration, for every one drink, drink a glass of water," advises nutritionist Lovneet Batra. Avoid with soda and coke because while sugar slows down your body's absorption of alcohol, the artificial sweeteners in diet soda ease the path of alcohol to your small intestine, shows research from Northern Kentucky University.



23 Mind The Munchies

Put the popcorn down, or at least move it to the other side of the sofa. A study done by University of California found that people who were asked to eat snacks with their non-dominant hand while watching TV consumed 30 per cent less. Based on the average man's snack consumption, that's a saving of 63,500 calories a year, or the equivalent of 130 burgers.

24 Be Calcium Rich

Here's another win for the pro-dairy camp: calcium deficiency triggers your body to release calcitriol, the hormone that causes you to store blubber. Eat a pot of low-fat plain yoghurt a day.



Weigh in on your hormones

Low testosterone levels are a key factor in storing fat around your love handles. The most effective ways to boost them (legally) are to:

- 1 Train with big moves using heavy weights at high intensity. Squats followed by deadlifts is the ideal combo.
- 2 Treat yourself to cholesterol-rich food such as eggs, beef and
- 3 Train with volume. Aim for 10 sets of five reps to release maximum testosterone. A total of 30-50 reps per exercise.

cheese at least three times a week.

26 Blind Man's Bluff

Close your eyes on the cross trainer. "Balancing trims fat by using your midriff," says Ankit Gautam, fitness manager at Fitness First Gurgaon.

27 Quit Your Drinking Habit

That orange juice you've been told is the perfect start to the day is not as innocent as you think. Georgia Health Sciences University found those who consumed the most fructose (juice is full of it) had about 20 per cent more visceral lard than those who drank the least. Avoid having more than three glasses of OJ a week. Don't worry about whole fruits, though; they contain the fibre needed for a steady release of energy.



28 Don't Make It Kingsize

Dogma dictates you mustn't skip it, but that's not your cue to supersize your first meal of the day. In a study presented to the European Congress on Obesity, participants who cut calories at breakfast didn't compensate by eating more later on or report feeling any hungrier. It's as good a reason as any to get the hard work out of the way early.

29 Liquidate Calories

It's not just OJ that's dangerous. Start tallying up those liquid calories and you'll be surprised how much you can cut with simple swaps. *MH* will take a coffee, thanks.

Drink	Calories per 330ml:
Wine	240-275
Whole milk	220
Soy milk	150
Fizzy drinks	125-190
Fruit juice	160-175
Red Bull	160
Beer	155
Iced tea	140
Tomato juice	80
Tea, no sugar	20
Diet drinks	0-7
Coffee, black	0-4

30

Morning Glory

Wake up, work out, have breakfast—that's the most effective AM routine to strip fat from your middle says a Northumbria University study. Exercising in a fasted state burns 20 per cent more fat.

31

The Bigger You Are, The Faster It Falls

If you fall into the 'thick-set' category (and not just packing an over-sized gut), more weight sessions is just what you need to shift midriff fat. *Preventive Medicine* found that bigger-built men showed rapid fat loss with a 12-week programme. The "lift big or go home" mantra has never made more sense.

THE BEST AND WORST DIETS FOR MEN

THE QUICKEST WAY TO SHED KILOS ARE AT TIMES JUST PLAIN WEIRD. DOESN'T MEAN THEY ARE FUTILE. **MH** HELPS YOU DISCERN THE FAD FROM THE TRUTH



Flash Diet

Basics: If you're looking to take your instagram obsession to the next level, this diet is for you. It's based on the belief that by taking a photo of the food you eat, you'll make better food choices.

Why It Might Work: You will no longer be able to "forget" something you ate, or pretend that certain calories don't count, as you may with a food diary.

The Bottom Line: You will never see the added sugar. A food diary may work better.



Techie Diet

Basics: Even the number crunchers aren't immune to the diet craze. Turns out some Silicon Valley employees use meal-replacement protein shakes to save time and get more work done!

Why It Might Work: For guys who put off lunch because of an impending deadline, this could be the solution you're looking for.

The Bottom Line: Skip it. "A generic, one-size-fits-all option is not a guaranteed solution," says nutritionist Shikha Sharma.

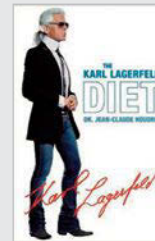


DNA Diet

Basics: A simple spit test can reveal if you're more prone to diseases like diabetes over others, because everyone's genes react to food, drinks and supplements in different ways.

Why It Might Work: You could fend off nutrition-related illnesses with a diet tailored to your chromosomes.

Bottom Line: The ultimate personalised meal plan, you have nothing to lose (except a little spit). Just keep your expectations in check and remember this isn't a cure-all solution.



Karl Lagerfeld Diet

Basics: Named after the infamous haute-couture designer, the diet advocates 900-calorie a day limit for first two weeks, 1,200 a day the next and then maintenance at 1,600. PS: Sure he lost 40kg but he allegedly drank 10 cans of diet coke a day, while on the diet!

Why It Might Work: It recommends carbs only as green vegetables.

The Bottom Line: "Eating whole foods is always better than taking packaged supplements," says clinical nutritionist, Lovneet Batra.



Turn The Lights Down Low

That dimmer switch in your living room is good for more than the odd DVD session. A Cornell University study found that by pairing low lighting with slow music, you consume 18 per cent less and an average 170 fewer calories per week. And no, it's not just because you can't see your plate.

TURN TO P68
FOR MORE
WEIGHT-LOSS TIPS

33

Snack On...

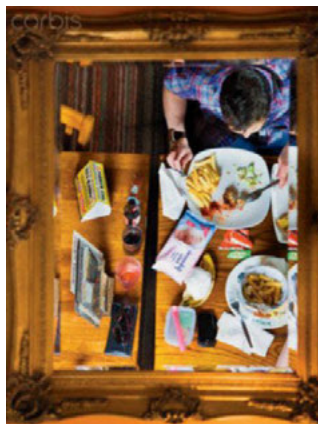
...gherkins. They have five calories a piece and their acetic acid accelerates fat burning.



34

Weight Watch

The amount of food you consume drops by a third if you sit in front of a mirror while you eat. It's particularly effective at stopping you from eating high-calorie foods destined for your middle, such as cheese or crisps, according to Iowa State University. You're essentially shaming yourself into shape.



35

Visit The Bar More Often

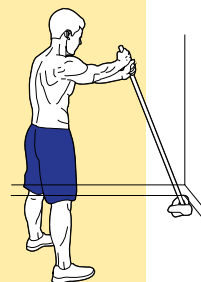
Don't get us wrong: The beer belly is named so for a reason. Alcohol is the worst architect of love handles—it slows your metabolism and adds empty calories that do nothing but add to your waistline. But not all booze calories are created equal: A study in the *Journal of Nutrition* found that men who drink infrequently but heavily, store more fat around their middles than those who drink the same amount, in smaller doses. So stick to moderation and trust us: You won't miss the hangovers or the paunch.

36

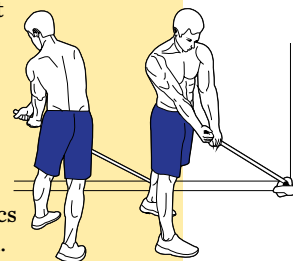
Lose 1 Inch in 30 Days

Dr Alexander Koch at Truman State University has found the best move to explode your love handles—The Landmine Twist.

1 Put a towel over one end of an Olympic bar and wedge it in the corner of a room. Hold it at a 45-degree angle to the floor.



2 Twist to the left while pivoting on your right foot; repeat on the other side. Do three-five sets of 10-20 reps with 30 secs rest in between.



WHEN IDOLS BECOME RIVALS...

YOU KNOW YOU'VE WORKED (OUT) HARD ENOUGH!

BY MH COVER GUY SAHIL AURORA

"Wassup Fatty?", "What're you eating Fatty?", "Why don't you tuck that shirt in Fatty?"

From family to friends, everyone seemed to find the name 'Fatty' more suited to me than my real name. My adolescence was filled with such sentiments and all I wanted to tell everyone was, "My name is not Fatty!"

Scrutinising the market for XLs is what I called shopping; finding the most obscure corner of the frame is what constituted as 'posing for a photograph'; incessantly pulling my

shirt to hide my bulging gut was an every day covert operation; receiving a diplomatic 'no' from my first love is my earliest memory of a 'relationship'.

I got the chance to reinvent myself when I went to a boarding school in Dehradun. While I had previously despised my father for trying to wake me up early, I now began greeting the morning sun with 5am jogs! As soon as I began running, I decided to participate in the

5000 metre cross-country relay where I shocked everyone by almost winning the race! I ran all through school and began lifting weights when I returned to Delhi after graduating.

Back home, everything seemed rosy and fairy tale-like for a while until I broke my hand in an accident and went on a forced fitness-hiatus for six months, regaining all the weight I had lost.

But as my hand recovered I resumed the jogs, increased the weights, traded carbs for proteins and began excavating my abs. It wasn't easy, it didn't happen overnight and I did it all by myself, but that's what made the victory so much sweeter!

'Fatty' no longer exists. I am no longer invisible or obscure. My name is Sahil Aurora and you'll find me on the cover of *Men's Health* Magazine.

AS TOLD TO SHIVAN CHANANA

PHOTOGRAPHY: SAYAN SUR ROY (WWW.INDIATODAYIMAGES.COM)



AFTER

BEFORE



aajtak.in

THE UN-DISPUTED #1 HINDI NEWS CHANNEL



...IS NOW THE
#1 CHOICE
ACROSS YOUR FAVOURITE
SOCIAL CHANNELS



IN THE HINDI NEWS CHANNEL CATEGORY

HARDE BETTER LONGER STRONGER

YOU TRAIN REGULARLY, EAT WELL AND TAKE CARE OF YOUR BODY AND MIND, RIGHT? WELL, IF THE SCIENCE IS ANYTHING TO GO BY, YOU'RE NOT THE ONLY ONE WHO'S BENEFITTING. OF COURSE YOU SEE THE FRUITS OF YOUR LABOUR EVERY TIME YOU LOOK IN THE MIRROR, BUT WITHOUT EVEN REALISING IT, YOU'RE PROBABLY SEEING THEM IN THE BEDROOM TOO. HERE ARE SEVEN OF THE RAUNCHIEST REWARDS FOR ALL YOUR HARD WORK—GO AHEAD AND GIVE YOURSELF A PAT ON THE BACK... AS SOON AS SHE LETS YOU OFF IT

PHOTOGRAPHY: BIBHUTI BHATTCHARYA



TAKE IT SLOW AND
STEADY TILL SHE IS
GOOD AND READY

LOCATION COURTESY:
KARRON HOTEL & MIA
BELLA

Y

**YOUR PRIMARY
SEX HORMONE,
TESTOSTERONE'S
LEVELS ARE SHOWN
TO BE AT THEIR
PEAK FIRST THING
IN THE MORNING,
MAKING IT THE
IDEAL TIME TO RISE
AND SHINE**

32%

01

**IT'S NOT JUST
YOUR ABS THAT
ARE ROCK-HARD**

You know that the only extra weight your body should have to support in the bedroom is hers – ideally up against a wall with her legs wrapped around your waist. Aside from getting in the way, a boop is only going to get you down, and in more ways than one. According to one report from the

Harvard Medical School, a man with a 100cm (size 40) waist is 50 per cent more likely to suffer from erectile dysfunction (ED) than a man with an 80cm (size 32) waist. This is because that extra padding not only increases your risk of cardiovascular disease and diabetes (both major causes of ED)

**OF MEN DEFINED
AS MUSCULAR ARE
TWICE AS LIKELY TO
HAVE BEEN WITH A
WOMAN WHILE SHE WAS
IN A RELATIONSHIP,
SUGGESTS A
UNIVERSITY OF
CALIFORNIA AND LOS
ANGELES RESEARCH**

TAKE NOTE OF THE
THOUGHTS THAT BREW
IN THE MORNING

02

YES, YOU DO LAST LONGER IN BED

Seeing her sprawled naked across your bed should be enough to quicken your pulse, so if the prospect of sex doesn't get your heart racing you're probably doing something wrong. There's no doubt that love making ranks right up there as one of our favourite cardiovascular workouts, and as you would with any other form of cardio, you need to pace yourself. But you also know that like any well-rounded workout, it's not all about cardio either. To elicit more than a few groans (of pleasure, that is) focus on strengthening your shoulders, back, core and thighs. You also know that despite what anyone says, kegels are not just for girls. Strengthening your pelvic floor muscles is the key to really supercharging your sexual stamina. In a study presented at the European Congress of Urology, researchers demonstrated that pelvic floor exercises can play an important role in helping men who have experienced lifelong problems with premature ejaculation (PE). Within 12 weeks of embarking on a pelvic-floor training programme, 33 out of the 40 men in the study saw a marked improvement, with the average ejaculation time showing a four-fold increase, from 31.7 seconds to 146.2. Even if you don't experience PE, a strong pelvic floor still improves the rigidity of your erections by pressing on a key vein that stops blood from flowing out of the penis. Identify the pubococcygeus (PC) muscles of the pelvic floor by interrupting your stream mid-flow next time you pee. The muscles you just used? Those are them.

but messes with your hormones by converting erection-building testosterone into oestrogen too. Along with making your muscles work and controlling your weight, exercise gives your blood vessels a workout too – and the better your bloodflow, the stronger your erections.

LOOK INTO
HER EYES TO
UNLOCK HER
DESIRE



03

YOU'VE GOT MORE MOVES THAN THE KAMA SUTRA

Because you know there's more to gain from doing yoga than simply being surrounded by a room full of women in yoga pants doing the Downward Dog. Far from being only "for girls" or for getting in touch with your inner hippie or whatever other misconceptions may be out there, this ancient discipline has some steamy benefits. Of course there's the obvious one, which is increased flexibility, not to mention multiple yoga positions that suddenly, sans clothing, double up as sizzling new sex positions. But it's not all just about putting your feet behind your ears. A large part of yoga is centred on meditative breathing. Yes, better sex can be as simple as breathing – if you're doing it right. Better breathing directs blood away from your limbs, which is what happens when you are in stress.

04

WHEN YOU CHEAT, YOU DO IT RIGHT

We're talking about your diet here, guy. Dark chocolate is another food that feeds your erection – like oats, it contains arginine, as well as epicatechins and flavonoids that work on making your arteries dilate. Eat 50g a day and you could increase your blood vessel dilation by more than 10 per cent, according to a University of California, San Francisco study. Need more temptation to indulge? How about the fact that dark chocolate also contains phenylethylamine, which causes your brain to release euphoria – inducing endorphins – the same ones triggered by sex and falling in love, as it turns out. One British study even showed that eating chocolate can give you more of a buzz than kissing. So go on and share that decadent, gooey chocolate dessert with her – we have no doubt you'll have worked it off by morning.

REMEMBER WHAT SHE
TALKED ABOUT AND
SHE WILL SMOOTHEN
UP FOR THE NEXT TIME

05

YOU'RE PUTTING YOUR BED TO BETTER USE

Making sure that your bed sees as much action as possible comes down to making sure it's used for its other purpose too: Sleep. According to the University of Chicago, sleeping for fewer than five hours a night can lower your testosterone levels. German researchers found that low levels of night-time blood oxygen, caused by obstructive sleep apnoea, are linked to a lowered sex drive. Speak to your doc if you're a loud snorer or wake up gasping for air.

06

YOU REALLY DID GET IT ALL THIS MORNING

Forget all the flak they get for being boring; oats are nature's Viagra. Kind of. Serve your breakfast oats with a spoonful of nut butter and you're not only getting a dollop of protein, but a double dose of the amino acid arginine too. Arginine plays a role in the production of nitric oxide in the blood vessels, which is a potent vasodilator, meaning that your arginine-amped breakfast works along much the same physiological pathways as those little blue pills. Remember too, that your primary sex hormone is testosterone and its levels are shown to be at their peak first thing in the morning (oh hey there, morning wood), making it the ideal time to rise and, er, shag.

07

OF COURSE YOU'RE IN THE MOOD

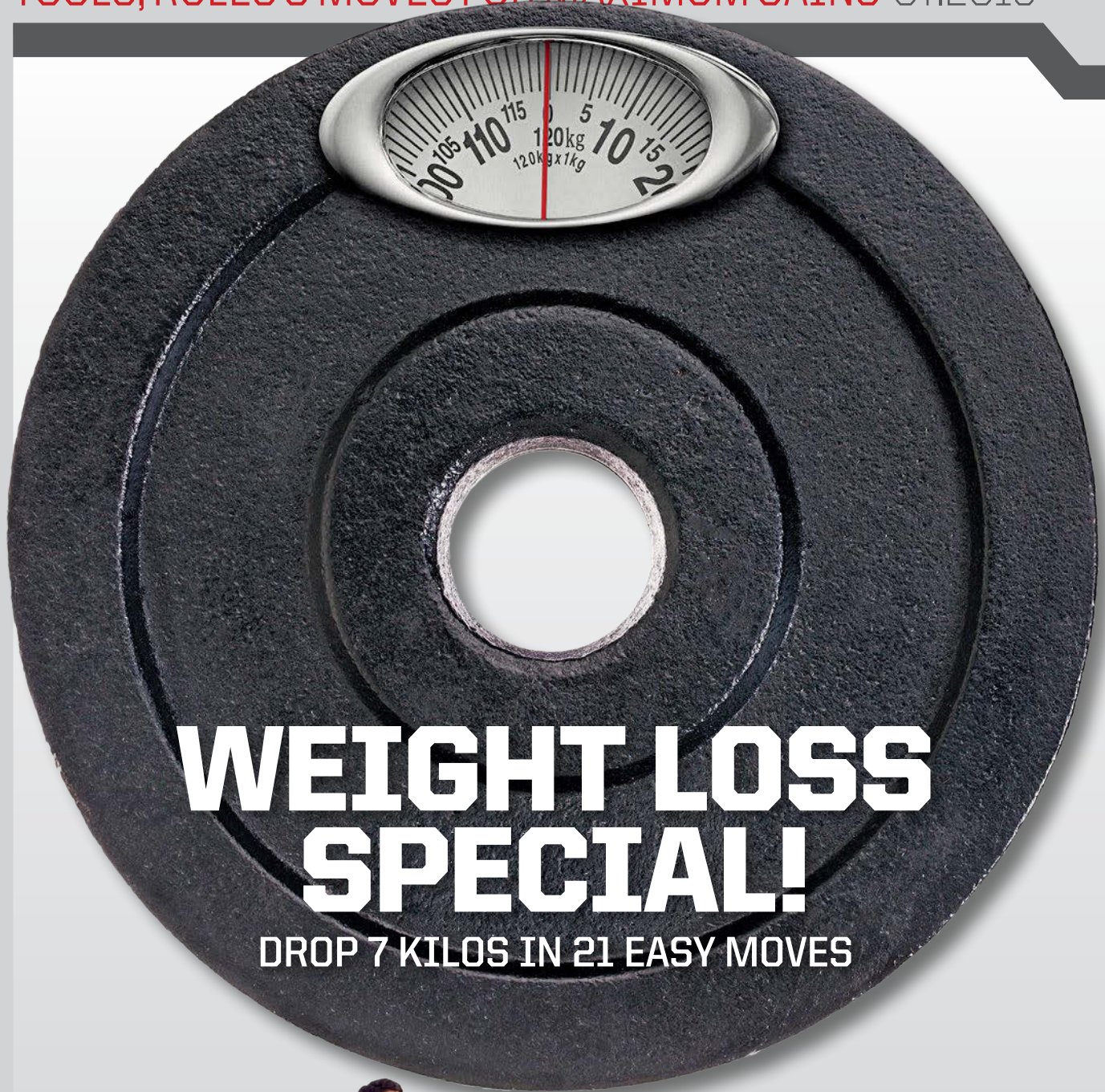
While it doesn't hurt to be strong enough to sling her over your shoulder, having the stamina to go for hours, there's much more to truly satisfying sex—and here you can thank your healthy lifestyle again. Regular exercise, eating a balanced diet and sleeping well go a long way towards moderating stress, which is one of the biggest libido killers. High-intensity and strength training also bump up your testosterone, which in turn can send lust levels soaring. Studies have even shown that people who are regularly physically active rate their own sexual performance and sexual desirability higher than those who are less so. But hey, you don't need us to tell you that, right?

S
**STRENGTHEN
YOUR PELVIC
FLOOR
MUSCLES TO
SUPERCHARGE
YOUR SEXUAL
STAMINA
AND IMPROVE
THE RIGIDITY
OF YOUR
ERECTIONS,
STUDIES SAY**

PHOTOGRAPHY: BIBI BHATTACHARYA (WWW.INDIATODAYIMAGES.COM); HAIR: MAKE-UP: SHAAN; MODELS: BETA (IDOL MODEL MANAGEMENT), DHARA; ART DIRECTION: AMIT MALIK; STYLING: MIKA KUMARI

Men's Health INDIA Personal Trainer

TOOLS, RULES & MOVES FOR MAXIMUM GAINS 07.2015



WEIGHT LOSS SPECIAL!

DROP 7 KILOS IN 21 EASY MOVES

GYM-FREE
METABOLISM
BOOSTERS

P84



BANISH
BACK PAIN
FOREVER!

P82





MuscleBlazeTM
PREMIUM QUALITY SPORTS NUTRITION



BCAA 6000 POWDER

MIX IT. SHAKE IT. DRINK IT.

SAY NO TO FOUR BIG TABLETS A DAY WITH THE ALL NEW
MUSCLEBLAZETM **BCAA 6000 POWDER**

- ✓ INSTANT MUSCLE RECOVERY
- ✓ PREVENTS MUSCLE LOSS
- ✓ REDUCES MUSCLE FATIGUE

www.muscleblaze.com | [f](#) MuscleBlaze | [t](#) MuscleBlaze | [i](#) MuscleBlaze

CONTACT YOUR TRAINER FOR THE BEST OFFER

Also Available at:- [HEALTHKART](#) [amazon.in](#)

July 2015

GOOD HOUSEKEEPING ON THE GO!

GOOD HOUSEKEEPING now available on iPad, iPhone, Android, Kindle Fire, PC and Mac.



Grab your Digital Edition now!



www.goodhousekeeping.co.in/digitalmagazine



Good Housekeeping
HOME • HEALTH • HAPPINESS

Fun at your fingertips

COSMOPOLITAN now available on iPad, iPhone, Android, Kindle, PC and Mac.



Grab your Digital Edition.

TAP TO
DOWNLOAD



Available on the
App Store



ANDROID APP ON
Google play

www.cosmopolitan.in/digitalmagazine



COSMOPOLITAN
FUN • FEARLESS • FEMALE



MIND OVER MUSCLE

BY KRIS GETHIN

WHAT'S THE BEST MIX OF CARDIO AND LIFTING TO BURN FAT?

AMIT MADAN, AMRITSAR

Your best approach to weight training/cardio when targeting fat loss needs should be a 40/60 split. I recommend 45-60 minutes of intensive weight training four to five times per week and 45-60 minutes of steady cardio seven days a week. Never perform cardio immediately before your weights workout. Your energy surplus should always be saved for your weight training session. If you perform cardio immediately prior, you will not have the adequate hydration or nutrients within your body for an optimal strength workout. Aim to keep your intensity at around 70 per cent of your maximum heart rate to stay within the optimal fat-burning zone.

IS THERE A 'BEST' STRATEGY TO LOSE WEIGHT?

MOHAN TYAGI, PUNE

You should focus on both your short term (what I refer to as fixed) and long-term (limitless) goals. Your fixed goals are tick boxes that can be broken into daily increments, such as, going through an entire day without missing a meal or completing your cardio as planned. Examples of limitless goals are increasing your confidence by looking fit, lowering the risk of heart disease, etc. Your short term goals will give you the sense of urgency for constant progress and the long-term goals will provide you with the justification to make your new healthy habits a lifetime change.

A qualified sports therapist, CEO of Nutrition By Design and partner in Physique Elite, Kris Gethin is the man behind the awe-inspiring transformation that saw Hrithik Roshan drop from 36 to 30 inches in as little as 10-weeks. He is also the author of the best-selling book, *The Bodybuilding.com: Guide to Your Best Body and Bollywood Body by Design*



STAY ON THE RUN, TO LIGHTEN THE SCALES

15 MINUTE WORKOUT

THE SAVAGE CALORIE CRUSHER

Unleash your beast and crank up your metabolism with five animal-inspired moves

▶ HOW TO DO IT

Perform each exercise for 40 seconds, resting 20 seconds between them. Do three circuits total, or more if you have it in you.

15 MINUTES



1 Single-Arm Downward Dog
Assume a push-up position with your feet twice shoulder-width apart. Place your right hand on the floor directly below your right shoulder, and your left hand on your back, palm up. Push your hips back and try to touch your heels to the floor. Return to the starting position. Switch arms after 20 seconds.

2 Duck Walk
Push your hips back, bend your knees, and squat as low as you can, extending your arms out in front of you for balance. Keep your chest up, your weight on your heels, and your eyes straight ahead. Maintain this stance as you walk forward for 20 seconds and then backward for 20 seconds.

3 Baboon Jump
Ball your hands into fists and place your knuckles on the floor in front of your left foot. Keep them there as you jump to your left. Upon landing, lift your fists and swing them between your legs, shifting your weight to your left foot and straightening your right leg. Repeat in the other direction. Continue alternating.

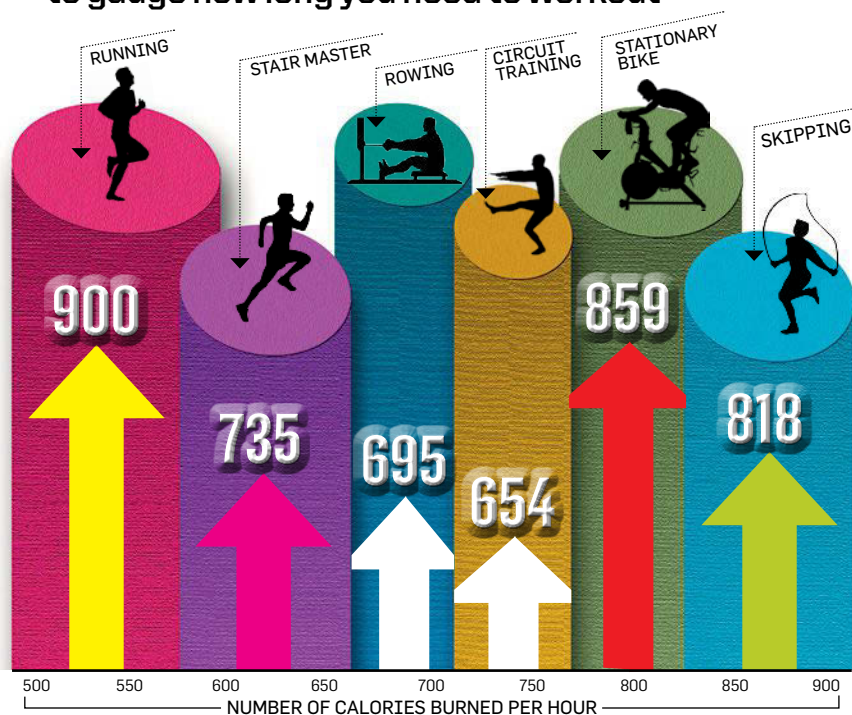
4 Frog Hop
Assume the starting position for the duck walk but place your weight on the balls of your feet instead of your heels. Maintain this position as you hop forward a few inches at a time. After 20 seconds, reverse direction, hopping backward. If this hurts your knees, perform another set of duck walks instead.

5 Sloth Row
Secure a pull-up bar at hip height on a Smith machine. Grab the bar using a fist-over-fist grip, cross your calves over the bar, and hang at arm's length. Pull your chest to the bar, bringing your head to the right of the bar. On your next rep, bring your head to the left. Continue alternating.

CARDIO

THE CALORIE BURNING RATINGS

When it comes to burning fat, some exercise disciplines are better than others. Use this guide to gauge how long you need to workout



DOWNLOAD MUSCLE MOTIVATION

Listening to motivational music boosts your endurance by 15 per cent, according to a study at Brunel University, UK. Try working out to this 25-minute playlist—you'll be downloading yourself another three-four minutes of energy, while discovering some new tunes

If you like

Hip-Hop

Try

LL Cool J- Mama said ill knock you out



Hard Rock (old school)

Survivor- Eye of the tiger



Alternative Metal

Rage Against The Machine- Killing in the name



If you like

Electo House

Try

Calvin Harris feat Ne-Yo-Let's go



Hindi Rock

Delhi Belly- Bhaag DK Bose



Pop

Sam Smith- I'm not alone



RUNNING COMMENTARY
BY ASHOK NATH

IS ANY SPECIFIC TRAINING FOR BREATHING REQUIRED BY RUNNERS OR DOES IT JUST HAPPEN NATURALLY?

TARAN BANSAL, NOIDA

Becoming a better runner goes beyond mere running workouts. I call it the one per cent rule, and among the other aspects that you should pay attention to, is breathing. Most runners don't realise the importance of breathing out forcefully as that expels the old air and makes space for fresh oxygenated air. There is also the factor of running in rhythm with your breathing which makes running seems effortless. For best results, strengthen the diaphragm and intercostal muscles by doing regular resistive breathing exercises.

I RUN FOR AN HOUR ON MOST DAYS. WILL THAT PREPARE ME FOR A MARATHON?

KULDEEP MAURYA, BHOPAL

The simple truth is that your present regime will keep you fit. But, there is a big difference between being fit and being "race fit". So, if your goal is to participate in races, then you need to adjust your training to expose your body to the rigours of racing. Rather than repeat the same routine daily, set aside some days for speed work, for tempo and for long runs, with sufficient rest days in between. Start at a manageable level and adhere to gradual progression with periodic recovery weeks. And through this all, do some strength, core and flexibility workouts to avoid muscle imbalance.

Ashok Nath is the founder of Catalyst Sports & Wellness (P) Ltd., which undertakes mentoring and workshops on running form, and is a six-time qualifier of the iconic Boston marathon. Incidentally he is the veteran winner at the recent Mumbai marathon.

DON'T LET BLOCKED NOSE SPOIL YOUR GOOD MOMENTS.

WHAT IS A BLOCKED NOSE?

Blocked nose is a condition in which a person is not able to breathe normally through the nose. This could be due to various reasons. One common reason is swollen inner lining of the nose. You can call it a “stuffy nose” or a “congested nose”. A prolonged blocked nose may cause complaints in hearing, nasal twang in voice and mild headache. A blocked nose can be caused by common cold, dust & pollution, seasonal changes, sinusitis or nasal allergic conditions.



A blocked nose can affect anyone, anywhere and at any time. You should always be ready with a fast way of dealing with a blocked nose!

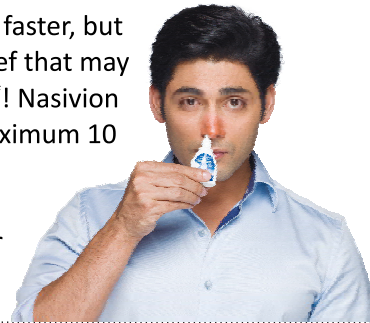


NOTHING WORKS FASTER[^] THAN NASIVION.

WHEN SHOULD NASIVION BE USED?

Start using Nasivion as soon as you feel you have a blocked nose.

Nasivion is not just faster, but also provides a relief that may last up to 12 hours[#]! Nasivion can be used for maximum 10 days at a stretch. If symptoms persist, please consult your physician.



WHO CAN USE NASIVION?

Nasivion Classic Adult can be used by adults and children above 6 years of age. If you have any medical illness or if you are on any medication please consult your physician before starting Nasivion. Nasivion also has variants for children and babies. Please consult your paediatrician for more details.

WHY NASIVION?



Nasivion is the faster way to get rid of a blocked nose.



When a blocked nose ruins your day or night, all you need is fast relief! You might come across many ways to get rid of a blocked nose, but nothing works faster than Nasivion – as it starts working in 25 seconds[#]. Use Nasivion and feel the difference.



WHERE CAN YOU BUY NASIVION?

Available at all leading medical stores near you.

This advertorial answers some common questions about Nasivion nasal spray and drops. It does not contain all of the available information. For more information, read the pack insert. Nasivion Classic is a topical nasal decongestant. Do not use for more than 10 consecutive days.



[^] Mean onset of action – 25 seconds.

^{*} As per the Medical Audit (ESPRIT) MAT Aug 2014 dataset in terms of prescribers in the Topical Nasal Decongestants/Saline preparations/ Xylometazoline category.

[#] Reinecke S and T Schaikin M. Investigation of the effect of oxymetazoline on the duration of rhinitis. Results of a placebo controlled, double blind study in patients with acute rhinitis. MMW-Fortschr Med.2005;147 (suppl 3): 113 -118

THE
BODY PART
WARM-UP
SERIES
PART 5 OF 6

GET YOU BACK ON TRACK

The *Men's Health* body warm-up series takes a look at specific muscle groups and the stretches that will prime them up for maximum growth.

This month: The Back

WORDS: DECKLINE LEITAO, CSCS, NASM-PES, CES, CPT



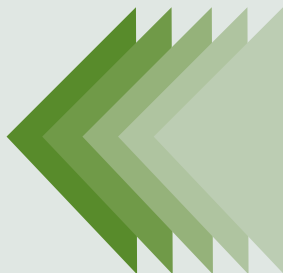
WHAT EXACTLY ARE THE BACK MUSCLES?

Your spine is the source of origin for most of your muscles in the back. It is also the spine which often suffers injuries due to lack of warm up and sometimes excessive loading. The other important muscles around are the latissimus dorsi (lats) which give the athletic V shape to the torso, the upper, middle and lower trapezius (traps), and the more commonly pulled/injured rhomboids and erector spinae.

ARE PULL-UPS A GOOD WARM-UP FOR THE BACK?



Most guys in India don't realise that a pull-up can become a very 'heavy' exercise for those who cannot perform more than 10 reps with strict form minus the bouncing and swinging. Ask yourself this question first? "Can I pull a weight on the lat pull down machine as heavy as my bodyweight?" Therefore, save the pull-ups for later, once your lats and shoulder region is well warmed up.



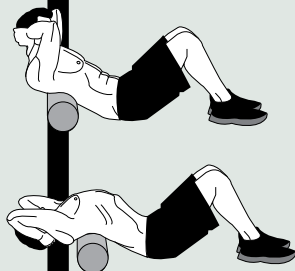
WHY WARM UP THE BACK?

The lower back and the different structures in the back are commonly injured due to pulls or strains. You often see guys pulling their lower back muscles while attempting heavy deadlifts with poor form or inadequate warm up. Therefore, it is imperative that you not only warm up the back muscles, but also mobilise the spine—especially the thoracic spine, above the lower back region to avoid injuries.

THE THREE MOVES YOU NEED

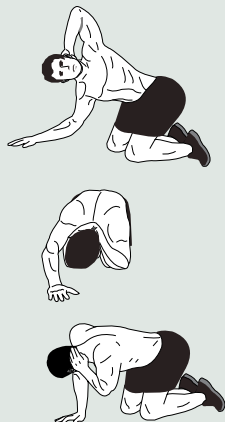
THORACIC SPINE FOAM ROLLING

Place the foam roller at the base of your neck. Lift your hip off the floor and slowly start 'rolling' over the roller inch-by-inch. You might hear a bit of cracking in the thoracic region, but don't worry, this will actually help you. Avoid rolling the lumbar spine near the lower back as it is designed for stability not mobility. Use it for a total of 2 to 3 minutes.



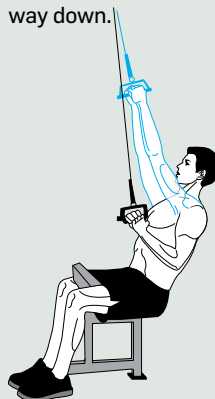
THORACIC SPINE MOBILISATION STRETCH

Get on all fours. Place your right hand behind your head as shown, and move your elbows in and out while rotating from your thoracic spine. Keep your navel as stationary as possible during the movement. Hold the top position for three seconds and perform five reps on each side.



NEUTRAL GRIP LAT PULLDOWN

This is a great way to stretch and contract the lats; it puts the shoulder joint in a very favourable position as compared to the wide hand positions. The smooth movement of the machine will help you warm up quickly. Perform one or two sets of 20 repetitions with light weight. Squeeze your shoulder blades together on the way down.



HEY, MUSCLE GUY!

BY RAHUL DEV

I'VE HIT A WALL IN MY WEIGHT LOSS PLAN. WHAT CAN I DO TO START SEEING RESULTS AGAIN?

RADHA KRISNAN, HYDERABAD

Men who're trying to shed kilos often have a sticking point. You have to try and find it. Keep a food and exercise diary for a week, and then analyse the info. Some guys underestimate the calories in alcohol; others don't realise just how rapidly workday snacks or weekend indulgences add up. What good is two extra hours of exercise if you turn around and eat junk all weekend? Whatever the bottleneck is, identifying and eliminating it will make the needle on your scale move again.

I'M IN GOOD SHAPE, BUT I RUN OUT OF ENERGY QUICKLY AT THE GYM. WHAT'S GOING ON?

VIMAL MISHRA, LUCKNOW

If you lose steam before you can even begin to impress your local gym vixen, you're probably suffering from exercise induced hypoglycemia. If you have this condition and consume too many fast-digesting carbohydrates just before your work out, your blood sugar will spike and then free-fall, just as you start to exercise. Instead, fuel up with 15g to 30g of protein and 40g to 50g of slow-digesting carbohydrates; such as a scoop of whey protein in cooked oats or whole wheat pasta and sugar free tomato sauce. Have this a couple of hours before your gym routine. You can even add some fat in the form of a tablespoon of natural butter (peanut or almond) or olive oil to put the brakes on your blood sugar.

Model-turned-actor Rahul Dev has always based his life on fitness. His quest for the ultimate body is perpetually on a to-be-continued basis

6 MOVES THAT WILL SLASH FAT IN 21 DAYS

No cardio, no gym, no excuses. If you've got three weeks, all you need is a pair of dumbbells, preferably two legs and this full-body plan. Step up to the plate

01 POWER JERK

DIFFICULT ●●●●○

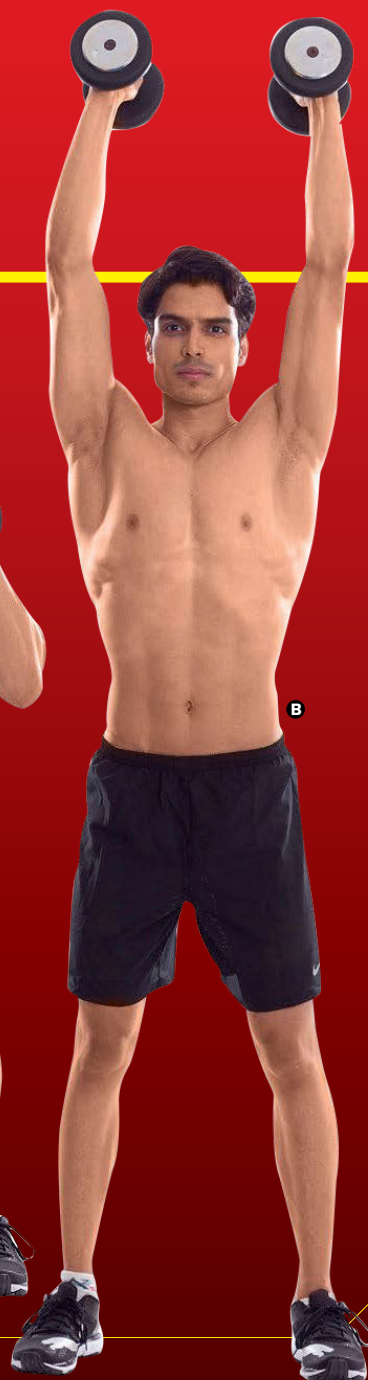
Kick off your fat loss programme by loading up your legs. This move is one of the most effective calorie burners and builds strength in almost every part of your body. Start with your feet shoulder-width apart and rest a pair of dumbbells on your shoulders. Now bend your knees and hips slightly (A). Keeping your heels on the floor, straighten your legs and steal the momentum to press the weights above your head (B). Rise up onto your toes for brownie points.

WORKOUT TIME
30 MIN

TOTAL
WEIGHT LOSS
3-4 KG



A



B

**FIRE
AT WILL**

The faster you move, the easier it is to hit your type 2 fibres for a greater calorie burn

YOU KNOW SQUAT

Push your hips back into a hip hinge pattern, not just straight down, for greater mobility and strength

02 FRONT SQUAT

DIFFICULTY ●●●●●

Again, begin with your feet shoulder-width apart. Rest a pair of dumbbells on the front of your shoulders and bend your hips and knees simultaneously to lower yourself downward (**A**). Your abs will be forced to work double time to keep your torso stable because the front-loaded weight generates so much instability (this is a good thing—it means it's working). Stop when your thighs are parallel to the floor, then rise back up by straightening your knees (**B**). Keep your spine in a neutral position and knees in line with your feet throughout. A bad back burns no fat, after all.



MAXIMISE YOUR GAINS

The stiff-legged dumbbell deadlifts work a large number of muscles simultaneously, increasing the efficiency of your workouts

03 STIFF-LEGGED DEADLIFT

DIFFICULTY ●●●●●

Your final lower-body move zeroes in on your core muscles and recruits additional stabilising muscles to ramp up the calories burned. Place the dumbbells on the ground in front of you and bend at your hips to pick them up. Keep your torso forward with a slight bend in your knees, so they're almost locked out (**A**). Now straighten your back to lift the weights in two stages—halfway, then all the way (**B**). That's only one rep, sadly.



MUSCLE

BREATHE EASIER

Exhale as you crunch, inhale as you lower and keep your belly tucked in to recruit your abs more



04 WEIGHTED CRUNCH

DIFFICULTY ●●●○○○

Most weighted abs moves shift the work to your back, helping only to develop your Quasimodo muscles. Crunches' subtler movements target your mid-section to give your limbs a break before the calorie-killing rampage. Lie face up, knees bent, feet shoulder-width. Hold a dumbbell against your chest (A). Lift your shoulders up to 30 degrees off the ground (B). Hold for two seconds, then return and take a breath.

05 SINGLE-ARM ROW

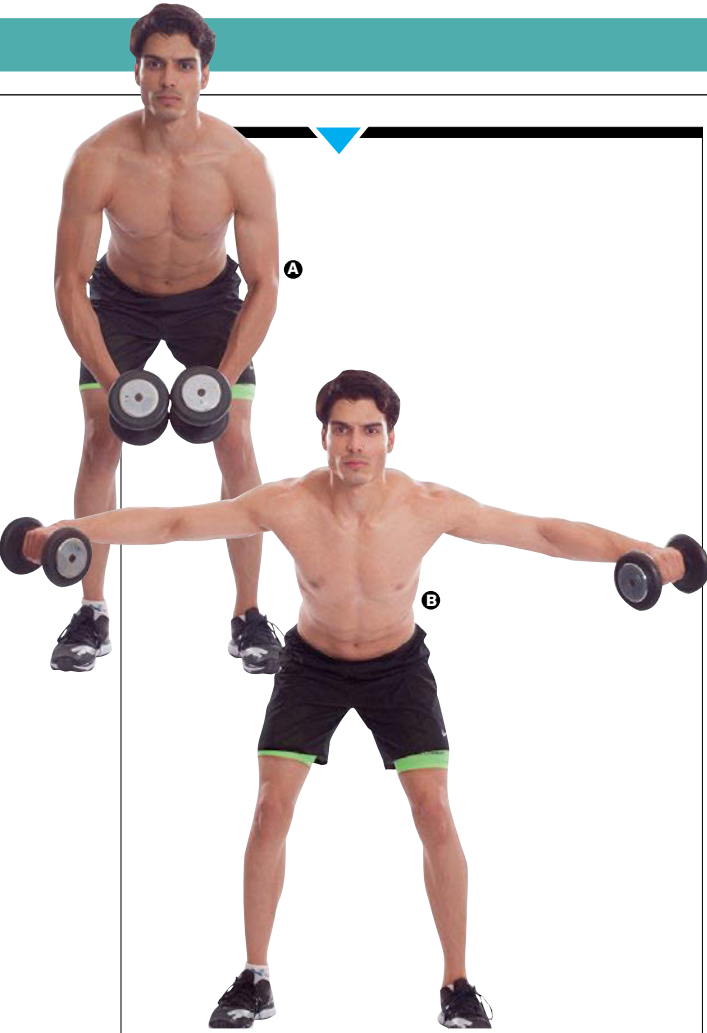
DIFFICULTY ●●●○○○

Working one arm at a time is the simplest shortcut to get through more calories. Doing twice as many reps helps too. Position yourself with one knee on a bench while you balance with your free arm, palm down, in front of you. Keep your back flat, grasp a dumbbell with your free hand and let it hang at arm's length below your shoulder (A). Draw your elbow up past your torso by pinching your shoulder blade in toward your spine (B). Take 3 seconds to lower the weight to the start position.



LOSE YOUR LOVE HANDLES

Pick heavier weights for the rows to hit your obliques harder and cut the fat covering them



06 BENT-OVER LATERAL RAISE

DIFFICULTY ●●●●●

Stand with your feet shoulder-width apart, hold a dumbbell in each hand and lean forward at the waist slightly. Let the weights hang in front of you, keeping a bend in your elbows with your palms facing each other (A). Now raise your arms straight out to your sides until they're in line with your shoulders (B). Then slowly lower them to the start. Take a day off before doing the circuit again, and count down the days to your leaner, stronger body.

SHRINK YOUR IMAGE

The dumbbell lateral raise creates a size contrast between your shoulders, waist and hips making you appear slimmer. It's the kind of appearance you would get if you were to wear shoulder pads.

YOUR 21-DAY PLAN

Follow the workout programme below and mark your progress for maximum weight loss. Keep the rest between sets to not more than a minute to stop your heart rate from dropping.



EXERCISE	WEEK 1			WEEK 2			WEEK 3		
	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3
POWER JERK	4 SETS OF 6			4 SETS OF 4			4 SETS OF 6		
FRONT SQUAT	4 SETS OF 8			4 SETS OF 10			4 SETS OF 8		
STIFF-LEGGED DEADLIFT	4 SETS OF 8			4 SETS OF 10			4 SETS OF 8		
WEIGHTED CRUNCH	4 SETS OF 20			4 SETS OF 20			4 SETS OF 20		
SINGLE-ARM DUMBBELL ROW	4 SETS OF 8			4 SETS OF 10			4 SETS OF 8		
BENT-OVER LATERAL RAISE	4 SETS OF 10			4 SETS OF 10			4 SETS OF 10		

GET FIT TO FLY

If an energy drink can give you wings, then anti-gravity yoga can get you to believe you are flying! Or so they claim...

WORDS: REGI JENARIUS

Traditional yoga gave the modern day man bragging rights about his newfound flexibility along with his already muscular physique. And if that wasn't cool enough, Anti-Gravity Yoga (AGY) now aims to equip to you with spidey skills—at least that's what the 46-year-old businessman, from Pune, Devendra Anand believes. "My favourite move in the class is the Spiderman (where you hang off a hammock in an inverted position)." From the outset it looks like an activity generally undertaken by the more graceful aerial acrobat. "Some might consider it feminine. But, in actuality the format is very playful; you get into poses that signify a bat or a mosquito or some other animal," says Namit Dua, a 33-year-old banker from Pune. However, celebrity fitness trainer and AGY instructor Deanne Pandey has her doubts about its future. "The average Indian, unlike an evolved fitness enthusiast, may not be adventurous enough to try it." Does this form then make sense for India?

HOW DID THIS FORM COME ABOUT?

Founded by an aerial acrobat and choreographer, Christopher Harrison, AGY is a spin off of his performance troupe AntiGravity Inc. He literally took to the skies to get AGY noticed. "Harris himself and my teacher Shelly Bong were the first to perform AGY hanging off a helicopter," says Pandey. Harrison's ideology is simple: "If you can 'suspend your disbelief,' I guarantee that I can make you healthier, happier and taller in just one session."

WHAT ARE THE CLASSES ALL ABOUT?

"Different classes are for different fitness needs. 'Suspension fitness', performed above ground level, is more for overall strength. 'Pilates', performed closer to the floor, focuses more on core strength. 'Restorative classes' are what I focus on mostly. It's the ideal stress buster," says Pandey. Others ridicule it. "It sounds like another fancy form of yoga. The benefits of an anti-gravity can be easily achieved through other methods such as core-training, yoga, foam rolling and TRX training," says Aditya Arora, Delhi based internationally certified Les Mills instructor and personal trainer.

DOES HANGING UPSIDE DOWN DO ANY GOOD?

Being inverted has unparalleled fitness benefits, believes Dennis Alex, business development

head and AGY instructor, Biorhythm studios. "Staying inverted in a hammock increases spaces between the joint, better your posture, lengthens your muscle structures and eliminates back-related illnesses." So then, have we really found the cure to back pain? "Well, studies evaluating spinal traction have found the technique ineffective for long-term relief," says Arora. "Besides your heartbeat slows and your blood pressure increases for a couple of minutes. You shouldn't

try it if you have high blood pressure, heart disease or glaucoma," he adds.

IS IT FOR EVERYONE?

They claim it is for anyone who is interested. Alex also calls it an anti-ageing fix. "Besides taking care of niggles, strains and sprains, the blood that rushes down to your face improves one's complexion and gives a healthier and youthful appearance." But celebrity fitness trainer Paul Britto throws caution into the wind here. "They need to be careful not to follow the footsteps of Crossfit, which pushed people to the extent of injuring themselves. A lot will depend on the experience of the trainers; after all the client is there to enjoy himself, not worry about injury," he adds.

Fitness Fad is a column that traces new-age training techniques that are currently trending. Whether they'll last or not, nobody knows!

YOGA VS ANTI-GRAVITY YOGA

"You tend to get results much faster with AGY. Even a person weighing a 100 kilos can perform a *sirsasana* in AGY, and get to his goal

faster. It may take that person several months to get there through traditional yoga," affirms Nital Rawal, founder of Biorhythm studios, and an AGY

instructor. Arora shares a different view though. "In order to burn fat, you need to be working in the training zone where your heart rate reaches 70 to 80 per cent of your

maximum. You can easily achieve this in power yoga and *asthanga* yoga. The average AGY session, doesn't quite do justice to percentage consistently," affirms Arora.



PLAY YOUR STRENGTH WORKOUT YOUR ENERGY



feedback@absolutenutrition.co.in



Increases muscle mass

Improves strength

Boosts workout capacity

Helps in weight management

POWERED BY : PANWAR NUTRITION STORE
Since 1998

WE Workout Energy™
Sports Nutrition • Weight Loss • Vitamins

Buy our Product on
www.makemynutrition.com



H.O. : SHOP NO. 13, KANWAR COMPLEX, NEAR LODHI PARK, SKY LARK ROAD, TEHSIL TOWN, PANIPAT-132103

Products available on www.makemynutrition.com | For more information, contact: **9813 800 800**

Workout Energy Stores : Opening Soon in Delhi, Haryana, Punjab, Rajasthan & Other States

Contact For Franchise in your City : 70 78 222 222

SHOE REVIEW

IGNITE YOUR RIDE

With all the chatter about minimalistic running shoes, does Puma Ignite's thickly cushioned Forever Foam technology measure up?

WORDS: SHAYAMAL VALLABHJEE

About a decade ago, Puma attempted to claim a market flooded with minimalist shoes with 'responsive' technology. With the recent launch of Ignite, Puma's "most responsive running shoe," I got to test the claims with twelve of the country's biggest running influencers, and all it took was a 144 km run around the periphery of Mumbai.

WHAT IS THE CONCEPT?

Puma markets this shoe at the back end of their Forever Foam technology: An ultra durable compound that'll make sure you get plenty of mileage from these sneakers. From the look of it, it

THE FOREVER TRAC SOLE PROMISES A SECURE RUN IN ALMOST ANY WEATHER CONDITION

sounds like a valid claim. After the running market transitioned from supported to minimalists, running technology started to move towards soles that cushion and evenly distribute the impact. The Ignite Foam technology is Puma's best effort yet to bring this technology to the market.

DOES THE STYLE QUOTIENT COME WITH COMFORT?

The Ignite's purple and salmon colour combination is quite distinct, and is something that draws eyeballs. The soft upper mesh makes the shoe breathable and very comfortable. While some runners complain that the upper surface, with its synthetic linings, compromises the toe off,

I personally believe it adds a dimension to the support. The padded tongue is probably the best feature of the shoe. If you like to lace up your shoe tightly, you will find that this feature prevents the uncomfortable compression on the upper portion of the foot. For those who like a snug fit, the shoe has extra lace hoops and a padded tongue for additional comfort. It also straps on a thick reflective strip to assist you, if you were to stride around the roads in the night.

HOW RESPONSIVE IS THE SOLE?

This shoe is all about comfort and responsiveness. The Forever Foam, together with the chevron sole technology, is truly revolutionary in how it absorbs the ground reaction forces. It has a built-in transition line through the mid foot, which helps mimic the runners natural gait pattern. While a steep 11.8 mm steep heel-to-toe drop promises a world of comfort, it may not appeal to those who prefer a minimal running experience. The Forever Trac sole technology, also promises a secure run in almost any weather condition.

WHAT ABOUT THE RIDE?

As a marathoner, I love to put a shoe through a mileage test. While Puma markets the Ignite as a low mileage shoe (around 5-21km), I found that the

IGNITE MORE CALORIES WITH COMFORT FOAM TO KEEP YOU ON YOUR FEET

IGNITE vs MOBIUM

For the ardent Puma fan, those who are transitioning from the Adaptive Technology of MOBIUM, you will notice a distinct difference between the two shoes. Here are a few key indicators that'll help you make your decision.

	IGNITE	MOBIUM
Technology	Responsive sole	Adaptive technology
Sole	Ignite + Forever foam	Bio band technology
Distance	Sprints & intervals	40 - 60km weekly
Comfort	Cushioned comfort on landing	Promotes foot propulsion
Price	₹9,999 - 10,999	₹6,999 - 9,999

cushioning and support it offered served me well on longer runs as well. The Ignite has an upper mesh and synthetic lining, which gives you an added dimension of support. The shoe has a very narrow fore foot, which may not necessarily suit all runners. Although a higher heel-to-drop offers a serious amount of comfort, I hope to see the next generation of Ignites with a lower heel-to-toe drop for the more accomplished runner.

WHO SHOULD BUY THIS?

At ₹9,999, they do come at a price. Packed with a multitude of features, the Ignite is better priced than its competitors. These are ideal if you're a beginner or are aiming to complete your first half marathon. As a rule of thumb, if your weekly mileage is anything under 40km, you can't go wrong with this shoe. But if you're a seasoned runner, you may want to wait for version three or four of the shoe.



Shayamal Vallabhjee is one of the finest sports scientists in the country. He is also the founder & director of Speed Kids and the HEAL Insitute.



In Touch with Style

HARPER'S BAZAAR now available on iPad, iPhone, Android, Kindle Fire, PC and Mac.



Grab your Digital Edition now!

TAP TO
DOWNLOAD



www.harpersbazaarindia.in/digitalmagazine

Harper's
BAZAAR
INDIA

Where Fashion Gets Personal



THE BODY SHOP BY KAMAL SINGH

A certified strength and conditioning specialist and a black belt in taekwondo (World Taekwondo Federation, Seoul), Kamal Singh is a specialist in post-rehab fitness, functional training and physical transformation. He has been training athletes, homemakers, actors and executives for over 15 years

GET ON THE ROAD TO METABOLIC PERDITION

Your weight-loss goals may be putting you at risk. Here's why

We live in an era of extremes; extreme poverty and extreme riches flourish cheek by jowl. We have deaths from starvation and citizens weighed down by obesity; the totally sedentary mob, suffering from lifestyle illnesses like hypertension and adult onset diabetes; the over exercisers with overuse injuries. The latest addition to the extreme crowd are the over-dieters who suffer from metabolic damage. What does that mean? In simple terms it's called starvation mode or more technically known as neuro-endocrine-immune dysfunction!

What is metabolic damage and how does it occur?



Let's back up a bit. Anybody wanting to lose weight is told to eat less and exercise more. If you are severely over-weight or obese, then this is a good way to

TO CUT THROUGH FAT FASTER, IT IS BETTER TO EITHER REDUCE FOOD INTAKE OR DO LOTS OF EXERCISE

start off on the journey to a leaner and healthier you. So cutting calories and going for a long walk is good for an obese person. Some weight comes off and in the process, the health markers also improve, but the body fights back as hunger pangs increase, as do cravings for salty or sweet food items. Very soon, the weight loss plateaus as well.

This is Starvation Mode, Phase I. The weight-loss enthusiast then cuts calories further while upping his workout, which is mostly cardio. This is the phase when body really starts to fight back, hunger pangs further increase, weight loss slows to a crawl, men generally see their libido dip, and energy levels also drop. **This is Starvation Mode, Phase 2.** The dieter is flirting with disaster in this phase, but is most likely be completely unaware of what he is doing to his

body. The problem is that people seem to think that the body is a mechanical device which functions logically. So, it is assumed that reducing your food intake and increasing your exercise duration/intensity for a long period of time, will result in weight-loss. Unfortunately, the human body does not function like that. In fact, it constantly tries to maintain a preset level.

The next stage is the full Metabolic Damage Phase, where the dieter, despite performing copious amounts of exercise and eating very little food, starts to gain weight. He generally has disturbed sleep, a slowing metabolism (so energy expenditure grinds to a halt), and might even exhibit signs of depression or mood swings etc. The sad part is, if this person went to a doctor, his results would really end up showing no wrong!



So what can you do about it?

The body perceives exercise and dieting as stress. So cutting your food intake and

undertaking long periods of cardio or short periods of high intensity exercise, simultaneously, is actually a double whammy for the body—it would trigger a compensatory response. So, a better idea would be to either reduce food intake or do lots of exercise. In fact staying away from excessive amounts of cardio is a very good idea for someone looking to lose fat. Instead, traditional bodybuilding training is a better option, as it gives your body a reason to hold on to its muscle, keeping your metabolism revved up.

Rebooting your metabolism through cheat days is also a good strategy to avoid this pitfall. For some, it might be just a cheat meal, for others it could be a full cheat day, every 7 days. Another good strategy can be to up food intake on days you workout and to cut food intake on days you're not doing any exercise.



#FUNATION

#TEAMFU

LEGENDARY MUSCLE BUILDING SERIES... FOR CHAMPIONS



FITNESS UNIVERSE NUTRITION

FOR OFFERS AND INFO DO FOLLOW US ON    

FOR MORE DETAILS CONTACT :-

PHONE: 011-41648498

EMAIL: FITUNIVERSE52@GMAIL.COM

WEBSITE: WWW.FUNUTRITION.COM

FITNESS UNIVERSE® IS A SCIENTIFICALLY DRIVEN, PERFORMANCE LIFESTYLE COMPANY THAT CURRENTLY MANUFACTURES, AND DISTRIBUTES PREMIUM QUALITY NUTRITIONAL SUPPLEMENTS. FITNESS UNIVERSE BRINGS YOU THE MOST COMMON SENSE SUPPLEMENTS EVER.



PERFECT FORM

BY DECLINE LEITAO
(CSCS, NASM-PES, CES, CPT)

Decline Leitaao, who holds a sports science degree from South Africa and a PG diploma from the UK, is one of India's most qualified trainers

LOSE WEIGHT OR LOSE FAT?

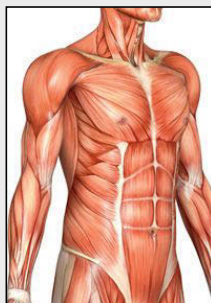
If you really want to get 'toned', you better start off packing on some muscle

One often hears people say that they want to lose weight—what they don't realise is that losing weight is not really that difficult. If you just stop eating and starve yourself, you will lose some weight! But, the weight loss won't be healthy for you because you would have lost precious muscle along with fat. Worst part is that this could actually make you weaker, injury-prone and not give your body much shape. No wonder people who go on crash diets and see dramatic weight loss never really witness a change in the shape and structure of their bodies. They go from a bigger out-of-shape person to a smaller out-of-shape one.

The other case is, when you see someone who is fortunate enough not to put on weight, regardless of how much they eat. But being slim in structure is no guarantee that you are not fat. Even a small structured guy could possess a high level of body fat and low level of muscle; such people are usually called 'skinny fat'.

Therefore, the ultimate goal for successful fat loss is to

Lose Fat Not Muscle



Muscle and fat seem to have an inversely proportional relationship: Generally, the higher your muscle percentage goes, the lower your fat percentage will fall.

Muscle is an active tissue, so unlike fat, it needs constant energy to maintain itself. And it gets this energy from

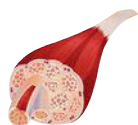
your fat reserves. Thus muscles burn fat at all times of the day to survive—even while you're sleeping! This is one of the reasons why muscular guys can consume a greater amount of calories than a person with the same weight with less muscle, and not put on excess weight as quickly.

We should also remember that muscle, whether toned and sharp like that of an athlete or gigantic like that of a professional bodybuilder, will always have shape and tone. On the contrary, fat whether on a very obese guy or on a skinny guy will always look unappealing.

"CRASH DIETS ONLY MAKE A BIGGER OUT-OF-SHAPE PERSON INTO A SMALLER OUT-OF-SHAPE PERSON"

preserve as much muscle as possible, or possibly even gain some, while simultaneously losing as much body fat as possible.

GO GET SOME MITOCHONDRIA



Muscle is vital to your success for losing fat because, it contains mitochondria. It's in the mitochondria that fat is metabolised, and there is a positive correlation between the amount of muscle you have and the number

Regular pictures of yourself standing in your trunks is a great way to give you a direct reflection of how you looked earlier and how you do now. Take pictures while facing the camera from the front, the right, the left and the back. Repeat this every four weeks and ensure that you do this at the same time, in the same location and under the same lighting to avoid misjudgements.



of mitochondria. Therefore, it is safe to assume that the more mitochondria you have, the more your potential to burn fat. High intensity training and strength training are ideal to help the body create new mitochondria and prepare itself for your next session.

DITCH THE WEIGHING SCALE



A weighing scale can only tell the weight that's on it—it can't differentiate whether it's a 75 kilo lean

athlete or a box full of books. So, focus on measuring your progress with measuring tools, like body fat calipers, a measuring tape, pictures, the way your clothes fit and of course through complements that come your way for the weight you've lost.

SCULPT THE BODY YOU'VE ALWAYS WANTED

WE'VE DESIGNED WORKOUTS
THAT STRIP AWAY FAT IN JUST 10
MINUTES AND BUILD BIG MUSCLES
WITH OR WITHOUT A GYM. YOU'LL
LOOK LEANER—AND STRONGER—
THIS SUMMER



3 THINGS YOU DON'T KNOW ABOUT FAT LOSS

1 Squats may burn up to three times more calories than previously thought, according to a study in the *Journal of Strength and Conditioning Research*. They're also great for packing on muscle. Every workout in our plan features this classic move.

2 Aim to drop 9kgs this summer and you can look great. Men who set higher expectations lose more weight, report researchers at the University of Minnesota. Stick to the routines on this poster and you can expect to shed 2-3kgs in your first two weeks, and 1-2kgs a week in the months that follow.

3 The calories you burn in a 30-minute jog may not matter as much as you think. More important is your calorie loss when you're not exercising. Intense weight training elevates your metabolism for 36 hours. So you lose weight all day, and build bigger muscles.



BLAST FAT OFF YOUR WAISTLINE

LOSE THE HARD FAT AND KEEP IT OFF FOR AS LONG AS YOU LIKE

1 Barbell Squat

(A) Stand holding a barbell across the back of your shoulders with an overhand grip, your hands wider than shoulder-width apart. (B) Keeping your back naturally arched, bend at the hips and knees to lower your body. Push back up to a standing position.



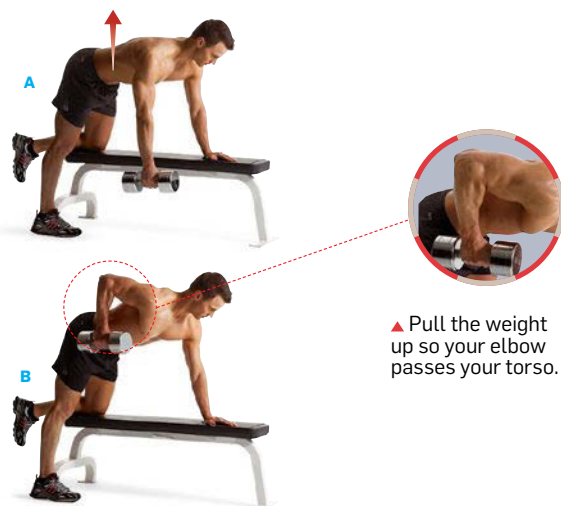
2 Deadlift

(A) Stand with a barbell on the floor in front of you, with the bar over your toes. Bend your knees and grasp the bar with an overhand grip. (B) Keeping your back straight, stand up. Keep the bar close to your body as you lift it. Slowly lower the bar.



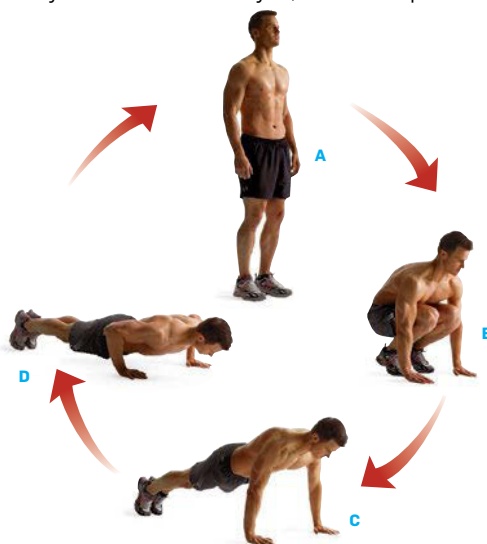
5 Dumbbell Single-Arm Row

(A) Holding a dumbbell in your right hand, place your left hand and left knee on a bench. Hold the weight with your arm straight. (B) Use your upper-back muscles to pull the dumbbell up and back towards your hip. Pause, then slowly lower the weight.



6 Burpee

(A) Stand with your feet shoulder-width apart. (B) Bend at the hips and knees to lower your body as far as you can, (C) then place your hands on the floor and straighten your legs behind you. (D) Perform a push-up, then draw your knees back towards your chest until your feet are beneath you, and stand up.



PICK YOUR PLAN

THE HIGH-DEF MUSCLE SEQUENCE

Train your major muscles for crystal-clear muscle definition from head to toe.

How it works: Perform three sets of six repetitions of the dumbbell clean and press [3]. Then do the barbell squat [1], followed immediately by the dumbbell single-arm row [5]. This pair of moves is a superset; complete three rounds of eight reps of each—that is, three supersets. Next, do three

supersets of the deadlift [2] and burpee [6]. Do eight reps of the deadlift and 30 seconds of the burpee in each superset. Rest for 45 seconds between sets. Try this three days a week, resting one day between sessions.

THE HARD-BODY EXPRESS WORKOUT

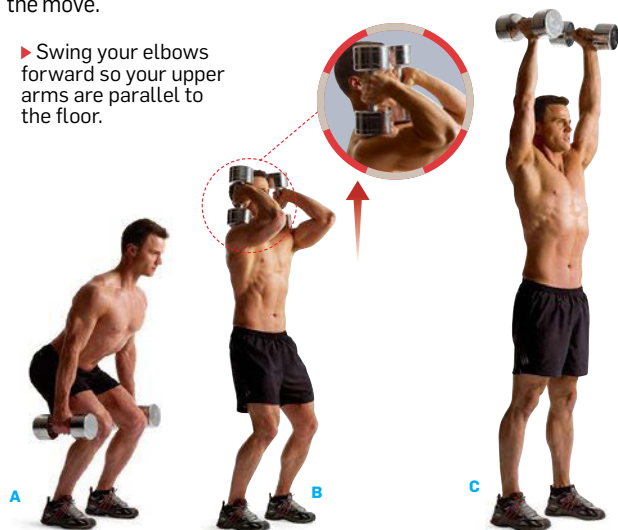
This plan will maintain muscle and maximise fat loss—in about 30 minutes a week.

How it works: Perform the deadlift [2], dumbbell clean and press [3], dumbbell squat [4], and farmer's walk [7] in a circuit, moving swiftly from one move to the next. Do eight reps of the first and third exercises and five reps of the second exercise. Do the farmer's walk for 30 seconds. Complete two to four circuits, resting 60 seconds between circuits. Perform this routine two or three days a week, with at least one day between sessions.

3 Dumbbell Clean and Press

(A) From the starting position, dip your hips and explode upward, forcefully pulling the weights up. (B) As the weights near your chest, dip under and “catch” them on top of your shoulders. (C) Stand, press the weights overhead, then reverse the move.

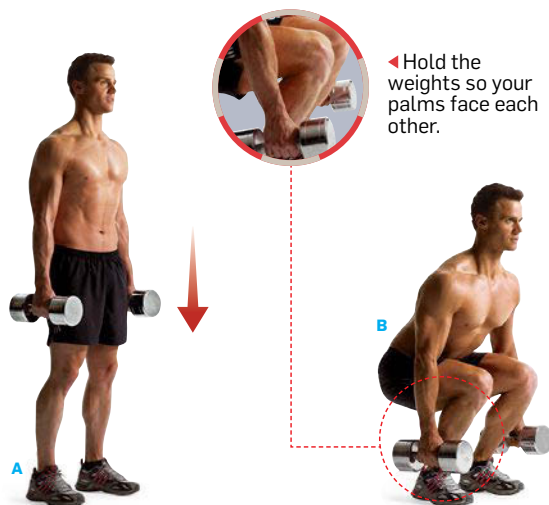
► Swing your elbows forward so your upper arms are parallel to the floor.



4 Dumbbell Squat

(A) Stand with your feet shoulder-width apart and hold a pair of dumbbells at your sides. (B) Keeping your back naturally arched, bend at the hips and knees to lower yourself until your thighs are parallel to the floor. Push back up to a standing position.

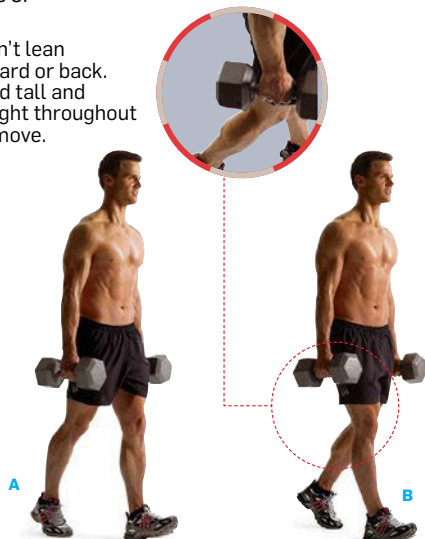
◀ Hold the weights so your palms face each other.



7 Farmer's Walk

(A) Stand holding a pair of heavy dumbbells at your sides at arm's length. (B) Keeping your body upright, walk for the amount of time specified in your workout. If you're short on space, walk in a circle or figure 8.

► Don't lean forward or back. Stand tall and straight throughout the move.



8 Single-Leg Romanian Deadlift

(A) Stand on your left foot with your right foot raised behind you and your arms hanging in front of you. (B) Keeping a natural arch in your spine, push your hips back as you lower your hands and upper body. Squeeze your glutes and press your heel into the floor to return to an upright position. Complete your reps on one leg before repeating on the other leg.

◀ Keep your knee slightly bent throughout the exercise.



THE CLOTHES THAT MAKETH THE MAN

MHSTYLE



MASTER T-SHIRT TACTICS

If you thought wearing the ubiquitous t-shirt was the most easy thing to do then you are mistaken. There are a few rules that you should heed to look stylish and not frumpy. Here's your ultimate guide to 'teeing off'.

***ing actor Mohit Marwah**

WORDS: CHIRAG MOHANTY SAMAL PHOTOGRAPHY: SHIVANGI KULKARNI
STYLING AND ART DIRECTION: MIA KUMARI

Diesel jacket, ₹30,000; **United Colours of Benetton**, ₹1,990; **Reebok** shoes, ₹6,990; **Calvin Klein** watch, ₹20,000.





SHADES OF GREY

You choose A basic grey t-shirt. It's a must in every man's wardrobe. "Grey visually enhances your body shape. It's the best option if you are ripped and want to show off without actually stripping," says celebrity stylist Niharika Bhasin Khan.

Do it right Opt for a crew neck that accentuates your shoulders. The sleeves shouldn't cover more than half of your upper arm and if you have a narrow waist, look for a tapered fit.

Wear it with White trousers. Not every place is denim-friendly, so if you have plans of hitting a high-end club or attending a fancy event, versatile white trousers work best. Just make sure they fit well.

GET YOUR GAME ON

You choose A sporty t-shirt. Even if you are stuck at work, you can channel your energy via your t-shirt—be it the Indian Cricket Team's official jersey or Lionel Messi's number 10.

Do it right "These t-shirts are usually bright in colour. Balance the look with neutral denims," says Khan.

Wear it with A varsity jacket. This will add bulk to your skinny upper body. "It's a street wear classic. Avoid a multi-coloured jacket. Stick to one in two colours," says Salesh Grover, business head, OSL Luxury Collections Pvt Ltd-Corneliani.

Koovs jacket, ₹4,600, t-shirt, ₹1,700; **Diesel** denim pants, ₹23,000; **Vans** shoes, ₹5,990; **Calvin Klein** watch, ₹20,000



PRINT AN IMPRESSION

You choose A printed t-shirt. This is the 'look-at-me' t-shirt that will turn heads. "Try repeated prints that involve a smaller print being used all over the t-shirt to create the effect of a repeat pattern. They inject an element of interest into your regular wear," says Khan.

Do it right "Ensure the t-shirt ends below your belly button covering up the belt. It shouldn't reach the top of your hips," says ace designer Rahul Khanna of the Rohit Gandhi + Rahul Khanna label.

Wear it with A printed jacket, if you want to camouflage a small build. "You need to keep in mind that big prints over small prints work better than the other way around," says Grover, "bright contrast colours are ideal to make a statement."

Koovs jacket, ₹4,500; **United Colours of Benetton** t-shirt, ₹1,999; **Diesel** trousers, ₹23,500; **Vans** shoes, ₹5,990; **Ray-Ban** sunglasses, ₹8,000.

SHOW YOUR BRIGHTER SIDE

You Choose A neon t-shirt. Vibrant colours add spunk and bring forth your flamboyant side. Mumbai-based fashion designer Nachiket Barve says, "Wear it only if you are skinny. If you are bulky, stick to a neon accessories—watch straps, shoes, wallets or phone cases. Neon, as a colour, draws attention so avoid showcasing your bulk by wearing it."

Do It Right Keep the rest of your outfit simple and let the t-shirt be the main focus. "Neon always looks good worn with an element of grunge—a black slim denim or washed denim with ripped knees would be ideal with a neon tee," suggests Emma Reed, buying head of Koovs.com.

Wear It With "A military jacket in olive green or khaki green looks great with neon," says Reed. You can add a fun element through the buttons or cuffs of the jacket. "Always remember a slim silhouette is better than a boxy one," advises Barve.

Super Dry t-shirt, ₹5,000; **Koovs** jacket, ₹4,500; **United Colours of Benetton** denims, ₹3,499; **Calvin Klein** watch, ₹20,000; **Vans** shoes, ₹4,500.





JUMP ON THE BANDWAGON

You Choose A banded bottom t-shirt. This style is mostly picked from sweatshirt fittings. It is new and quite comfortable but tends to highlight the mid-section. "If you have a paunch, it's best to avoid this style," says Grover.

Do It Right "Be careful not to wear bulky belts underneath these, as they create a bump and make the t-shirt look a little ill-fitted," advises Grover.

Wear It With A suit. "Just make sure that the suit is either slim fit or tailored," says Reed. Since this is a less formal look, you can wear a water-proof jacket on top for the monsoon months.

Zara, suit, t-shirt, jacket, ₹7,599, ₹1,990, ₹6,590; **Reebok**, shoes, ₹8,000.



JOIN THE SAILING CLUB

You choose A nautical t-shirt. If you aren't in the mood to experiment with bold patterns, play it safe with nautical stripes— one of the most minimalist patterns. They look great combined with classic pieces like blazers and suits.

Do it right Everybody can wear a striped nautical t-shirt, "just ensure that it is not too tight and that the colours suit the wearer," advises Reed.

Wear it with A plaid suit to create a fun and stylish look. Ensure the proportion of stripes and checks work—big stripes with big checks and vice versa. Also, "the plaid suit needs to be casual, unstructured and not a standard grey office suit," says Reed. Opt for colours such as navy or light blue.

Zara, suit, shoes, ₹7,599, ₹3,599; **Koovs**, t-shirt, ₹1,700; **Ray-Ban**, reading glasses, ₹8,000.

MIRACLES OF NUMEROLOGY

The only numerologist to have predicted every political outcome, since 2001.

On 15th Jan, 2015 Sandhiya Mehhta received a new title as an award, 'Glory of India, by former deputy Prime Minister of Thailand, in Bangkok for her achievements and services to the nation and its people.



Sandhiya Mehhta, the ace Numerologist and Vastu expert is now a worldwide brand. With unmatched knowledge and expertise, with her wisdom and its applications she has advanced the world of numerological sciences with researches in this field. These advances have helped her to help every human soul in return, to guide them to their enchanting dreams, gain power over their fortunes and to come alive. With an aura of bright lights and her charismatic personality, she has achieved of what many dream. She is in the field for more than twenty five years, and in this journey has helped and exchanged energies and ideas, guided people to lead better lives, has received dozens of honours and recognitions, like 'The Nari Ratna award, Indira Gandhi Priyadarshani Award, Rastriya Ratan award, Mahila Shiromani award, 4p Brand recognitions, titled 'The Indian Nostradamous', 'The Global Indian Leaders excellence award and many more such appreciations.

Numerology is the most accurate predictive science, and has evolved from the ages of people counting stars as numerical references to today where we add up all the calculations and we have an outcome that guides you to the events in your life, and stay prepared for them. It just does not give you knowledge, it empowers you to plan, sketch your future, grow as a person, rise and shine.

"To a person who seeks success, my system will bring success, happiness and prosperity. And to those who are already successful it will bring sustainability, positive reinforcements, further success and an introduce to a new and higher perspective and lifestyle."

The Journey to my methods

"I am someone who has evolved, and with every step of my life have just tried to be better in what I love, I don't just predict your future, I communicate, consult and help you empower your energies."

Every person is having an energy, a combination of them, and each combination is different, hence they have only certain types of energy and lack the other ones. This is what makes us human, that we can't be perfect but we have to strive to be. My exclusive research and study of missing numbers in your birth graph helps me to determine what are the strong energies that I can see in you and uplift the missing energies to suit to your dreams and ambitions. With my years of research and positive successes, I help these missing energies in your graph. Its like providing nutrition to a body, by way of simple remedies and self improvement tools that I have developed by myself.

My advice

"Knowledge empowers you, and there is nothing more powerful than to understand yourself, your potentials, what holds you back, what drives you forward." I provide you this knowledge about yourself, though numerology. Knowledge about finances, career, turnaround years, lucky dates, months, years, things that help you have a strong backup plan for everything in life. "No mantra, fasting, name changes singularly guarantees you anything. Ultimately its you who has to foresee the future, and I help you to do so."

The curious case of 4 & 8

"In my research, nearly 70% people are connected to these numbers. And once you enter the circle, these numbers will keep you in their loop for generations." One usually guards themselves because we have all heard a lot about disappointments and delays, sorrows and hardships of 4 & 8 and even 7. But I see them powerful steroids, to be handled carefully, and with the help of my numerology you may be closer to understand how to deal with 4 & 8 in your life. Then channelize it to positive planning and maximise your fortune's profits. Feel blessed if

you belong to them, we will empower your life and, learn through 4 & 8 and reap more fruits of your hard work than you would have previously did.

Is life simpler without 4 & 8: The other side of the story.

Individually every number has its massive merits but if it doesn't get the support of your fadic/destiny number it cannot do much for you. 1, 9, 5 & 3 are very powerful numbers and should get magnanimous success as per individual calculations, but if you are still struggling and have faced certain problems you should try and understand your state of energies and de tangle the web to create a free way for your future.

"A bright star has its own energy, but lighting a lamp in the dark is much more meaningful." We all are a mix of many numbers, their combinations play us differently and affects us differently. 1, 9, 5 & 3 are very powerful numbers and should get magnanimous success as per individual calculations but we are in the race of ordinary if we just sit back and give up. We have to empower these combinations in our fortune, to achieve what is extraordinary, which makes us exemplary individuals, that help themselves and in addition help their families, society, help someone in need who looks unto you.

"We have seen the sunrise, but to feel the warmth of it we have to wake up every day." And every one of us should strive to be more than what we can be, I do so, so should you. And let My Numerology help you and prepare you for this serene but extraordinary life.

The Success road ahead.

There is a Buddhist saying, "You yourself must strive; the Buddha's just point the way."

There are no criteria to evaluate what the results of the remedies are; I just believe in helping who believe in the power of universe. If you believe in yourself and the universe let me just show you a direction, you yourself will lead on the right path and achieve the results within no desired time. I have received tremendous positive feedbacks to have faith in the universe myself.

"I am not god; I just understand my field of work and use it to help people, guide them and provide them with some efficient ways to be happy, peaceful, ever-glorious and a good part of our society & I continue to achieve results with all my clients." -Sandhiya Mehhta.



For daily predictions follow:



Facebook: Sandhiya.Mehhta
Twitter Handle: @SandhiyaMehta

For any further personalized details about yourself or your family, guidelines, numerological analysis of yourself feel free to write in or call up on the following:

Sandhiya Mehhta

HO: Mumbai: 022-26371670, 71, +91 - 9819921673,

+91 9769071673, Delhi: +91-9654483695

Email: contact.yellowsoul@gmail.com

Website: www.yellowsoul.in

NOTE:

We really appreciate your interest in this article and look further to hear from you. Please let someone else read this article after you and kindly do not tear of the page. You can take a note of the contact details and feel free to communicate.



Interview: Mohit Marwah

GET THE BALL ROLLING

The quintessential Delhi boy, Mohit Marwah teaches us that no dream is worth giving up on. All you need is a 'never-say-die' attitude

WORDS: SOHANI DOGRA

When he dreamt of making an impact on millions through his screen presence, his inner critic kept him from making his dream come true. Growing up as a lean (read, not masculine enough) teenager, he knew his relationship with the camera wasn't going to be an easy one. But debutant actor Mohit Marwah proved his own demons wrong. The 28-year-old Delhi boy may have tasted the silver spoon, but never did what most men do: Give up on their dreams. "A good fitness routine is the only way to keep you away from lethargy and perform better at any job. A fit body emulates immense confidence, which transcends into your personality, making you a stronger individual." Even though his debut movie, *Fugly* hasn't given him the 'rising star' status (yet), he is more than determined to make a mark on his own terms. He tells *MH* how he embraces his struggle as a step towards his development and not as an obstacle to overcome.

is to be regular. On a broader spectrum, when you're really low and need a push, travelling is a great option. Leave your current surroundings behind and get some headspace with a new location. Apart from giving you a clearer and calmer mind, it will help you get a better perspective on how to better deal with the issues in your life.

HOW DO YOU OVERCOME FEAR?

Life is all about phases. There will be times when you have everything you want, and then there will also be moments when you will be struggling to get the basics in place. The key lies in being patient; prepare yourself for better opportunities while waiting for the next phase to arrive. Also, make sure to surround yourself with positivity and self-belief; if you genuinely want something, give it all you have and there's no way that it won't come to you.

RISKS COME WITH SETBACKS, HOW DO YOU DEAL WITH THEM?

If you always play it too safe, there are chances that you might end up doing nothing at all. If you have a dream, you can't achieve it by floating in the shallow end; you have to dive in deep and find your treasure. But while following the chosen path, be wise enough to make the right choices at the right time.

WHAT SCORES ABOVE, TALENT OR HARD WORK?

Hard work, always! You could be a little less talented and pull off gigs if you're committed to your job; talent alone won't get you ahead in any race. Hard work has the potential to turn a non-talented person into a winner.

ONE MISTAKE INDIAN MEN MAKE IN THEIR RELATIONSHIPS?

Taking your partner for granted is the most significant mistake a man can make. It's important to teach yourself that both individuals are equal in the relationship. Also learn to give your partner enough space and only then expect the same in return.

HOW MUCH GROOMING IS TOO MUCH FOR A MAN?

Grooming is no more an option but a necessity. Being clean and tidy speaks volumes about the individual you are. People will prefer being around you more and there is no harm in just being a man who likes to take care of himself. **MH**

WHAT IS FITNESS TO YOU?

Fitness shouldn't be counted in terms of the hours you spend in the gym; on the contrary, it should just be a part of your lifestyle.

It makes for a comprehensive part of my every day routine and has now graduated into a hobby. If ever there is a time when you feel lazy about executing your fitness plan, don't just sit and think about it—throw yourself into the situation and that will automatically put you in the zone. If possible, get a good personal trainer who can guide you at all times and provide you with that extra push.

WHAT'S THE BEST WAY TO SQUASH CRAVINGS?

If you know how to strike the right balance between your workout and diet, it's fine to give into your cravings once a week. A cheat day is important to keep you on track through the rest of the week. But indulge in calorie-laden food only when you know you're going to burn it off the next day. Once you're in the zone, where fitness is your focus, you will by default want to disconnect from unhealthy, fried and junk food.

HOW DIFFICULT IS IT TO MAKE THE RIGHT FOOD CHOICES?

Your diet plays a vital role in defining your fitness levels, as it accelerates the overall

YOUR TOP FIVE STYLE TIPS

- Let comfort be your priority
- Keeping it understated isn't bad, so stick to being simple
- Always keep a white shirt handy, it's your safest bet
- If you don't have it already, get a black suit. It can take you from any am to pm event with ease
- Experiment with your hair, but at the same time don't go over the top

process. However, it's important to note that your metabolic rate changes with your age. When you're younger, you can eat large amounts of junk food and still not feel (and look) unhealthy, but as your age progresses this changes dramatically. Therefore, one needs to be a lot more vigilant of his/her eating habits, especially as they get older; no amount of workout can make up for an unhealthy diet routine. Also, opting for organic foods can act as a major contributor to a healthy diet.

HOW DO YOU STAY MOTIVATED?

A good workout session has the ability to keep you going. However, the trick

MH REFTNE

GET THE SHARP EDGE

If you have short hair: You know you have it right and in accordance with the weather. But adding a hint of variety to the everyday avatar is not just to catch the consistent attention of your girl, but the need of the hour.

Quick fix: Flaunt a slicked back style for a casual day look or to transition for a formal evening with ease. "It's masculine, yet easily achievable and comes with the advantage of zero maintenance. It works well for both short and medium hair that is either straight or wavy. But the hair on the sides and back should have enough length, so it can be directed (i.e. slicked), except for the ones near the hairline," says Rajesh Gupta, hair expert from Denver, the brand that has recently forayed into the men's personal care market.

Do it right: Get the style in place by working a styling wax evenly through your hair. Follow it up with pulling the comb sideways through the length, while lightly pulling the hair back and downward.



BEFORE



STYLING GLUE,
TONI & GUY
₹482, 100ML



AFTER

Tame That Mane!



TOUCH NEW HEIGHTS

If you are dealing with thinning hair: There's a fashionable look for you to flaunt as well. Give way to volume with a diligently crafted quiff — think Elvis Presley and you can't go wrong.

Quick fix: Without a single strand out of place, this pompadour look will help camouflage the thin hair, giving your scalp a fuller look. "The haircut technique is undercut from level 1mm up to 3mm giving a slight texture on the sides," says Steven Mick, international creative director, Bliss By Ravissant.

Do it right: Get Density from L'Oréal for a matt finish, adds Mick. If you want to take the look a notch up, shave off the sides. Gupta affirms, "Being a definite option as a summer trend, a side shaved quiff gives you the best of both worlds: The style quotient, lending the macho elegant persona, while keeping the heat of you."



BEFORE



L'ORÉAL DENSITY
ADVANCED ₹519,
250ML



AFTER

FIX THE VOLUME

If you have thick hair: Count yourself blessed. Natural hair thickness is a reason for you to rejoice. An effective gel is your master product to handle voluminous hair.

Quick fix: Create careful spikes and shift focus away from the thick growth to the styling. "Although a spiky look isn't always the answer, since it doesn't work so well formally, yet it seems to be the most convenient and sought-after option and can be executed with precision only on a head full of thick hair," says Mick.

Do it right: Pearl Gel from Wella or Hair Molding Cream from Moroccan Oil can be used for achieving perfection with this particular style.

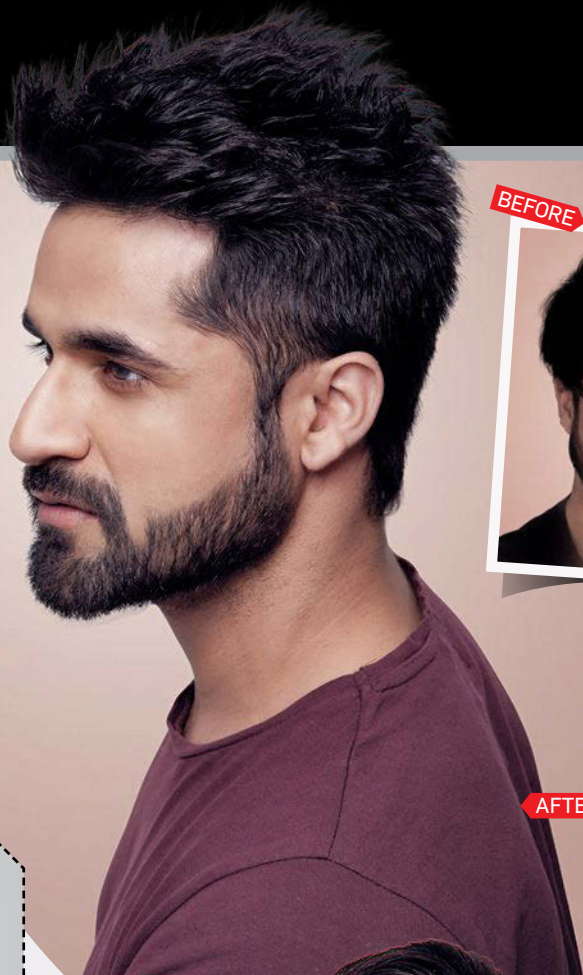


MOULDING CREAM,
MOROCCAN OIL
₹2,303, 100ML

BEFORE



AFTER



Clueless on what hairstyle to embrace? Fret no more! Update your look with *MH's* guide to different yet trending styles

WORDS: SOHANI DOGRA PHOTOGRAPHY: SURVAT TANDON;
HAIR STYLING AND LOCATION: VLCC, NEW DELHI

PLAY THE LENGTH

If you have long hair: Remember it's no more confined to just the fairer sex; it's a style that often complements the machismo of the modern man equally well. Though given the rising temperatures, it isn't the best time to flaunt the look. But fear not!

Quick fix: Go for the Samurai bun to get the much needed sharp and neat look to match your personality. Along with keeping you away from the heat, it adds an edge to an otherwise shoulder-length, drab style.

Do it right: Give your shaggy hair a break, by using styling cream from L'Oréal to add the much-needed finesse. "To get the clean look, prepare the hair with a blow dry or an iron to get the frizz and waves out. Use L'Oréal Professionnel Techni.Art Full Volume Mousse and Hairmix Sublime Shine serum to tame the unruly bits," suggests Mohammad Kasim, regional trainer-hair and make-up (North) VLCC.



BEFORE



LORÉAL TECHNI.
ART FULL
VOLUME MOUSSE,
₹999, 250ML

AFTER



What Women Want...

The hottest women in India give you a lesson on what turns them on. And off. Pay attention!



Women can't stand...

Unruly long hair

"Well in-place and neatly done is always a win-win"

Pallavi Das, model

If you can't do it like Chris Hemsworth's *Thor* style, don't even think about it. The weather doesn't permit it and for all you know, the women won't like it either. Follow the order of the day—neat and crisp hair and no extra effort will be required to put on your dapper avatar. "Undercuts are really cool right now," says celebrity hairdresser, Rod Anker.

Get it right

- Take it a lot shorter with more texture, so it's easier to style and less of a fuss. Guys with curly hair can stick to about an inch and a half.
- Get your hands on a moisturising cream to control the volume and make sure to keep the scalp clean, not greasy.
- While you want to achieve the neat look, don't get obsessed in the process by using too much wax or gel and ending up with a robotic top.
- Use the Label M styling range, like the Miracle fibre or the Mud clay to get a great finish, which allows the hair to move and easily washes out," says Anker.
- A rule of thumb—never go more than three weeks without a trim.



Women can't resist...

A sparkling clean smile

"Nothing beats the charm of a perfectly shiny set"

Alankrita Sahai, Miss Earth 2014

Sweep your woman off her feet with your every grin. Your inevitable asset for a perfect lip lock, a sparkling smile can keep you off the trouble chart even in your boardroom meetings (of course with the valid points in consideration). Kelton Research, an independent research firm, found that your smile might also contribute to securing a dream job. Results have shown applicants are 58 per cent more likely to get a job offer and 53 per cent more likely to be offered an increased salary if their teeth are white.

Get it right

- A whiter smile could be as easy as throwing your old tooth brush out. Your clue? When the majority of the bristles are bent and look worn down. Post that stage, the toothbrush is not contributing to any cleaning, really.
- Rinse with an apple cider vinegar. It is a natural and organic way to maintain a healthy smile.
- Follow your every brushing session, with brushing your tongue too. It not only keeps your breathe fresh but also helps in staying away from stains.



ASK THE GROOMING GURU
Look good, feel confident
DR DEEPAI BHARDWAJ

Q

Erase Craze

How can I get rid of an old tattoo mark?

MANDEEP SINGH, MUMBAI

The method for tattoo removal depends on the colour of the ink used. Blue and black colours are easier to remove and are eliminated by the Q Switch Nd:Yag Laser. Red, blue and yellow colours are tougher, and are mostly removed by dermabrasion. If you are looking for faster tattoo removal, opt for surgical dermabrasion. Another easy way out is to get a 3D camouflage tattoo, which will hide the previous one.

SUMMER RESPITE
Come summers and my acne breakouts increase. How do I regain control?

ANIL TYAGI, DELHI

Acne occurs due to bacterial infections. Hence, keeping your face clean, wiping sweat away regularly and splashing cold water on your face multiple times during the day is important. Avoid mangoes and oily foods; they aggravate acne. Applying a sunblock mixed with an antibiotic gel which contains clindamycin and azithromycin, also helps. However, if you have severe breakouts get a medical facial done.

Dr Deepali Bhardwaj, a dermatologist and laser surgeon, is the founder and director of Skin and Hair Clinics across Delhi. She has to her credit numerous awards and fellowships. She is a certified "Doctor of Excellence" from Deka Lasers, Italy

Grooming Rulebreaker

SPF protection is only needed in the sun

A common myth is that your skin needs sunscreen application only when the sun is visibly shining bright on you. The transition of the harsh sun withering away and the onset of the cloudy sky is no indication of ditching your SPF. A sunscreen blocks the UV rays, protecting the skin from over exposure. Organic matter in the sunscreen absorbs some of the rays before they reach you, while inorganic compounds reflect and scatter the rays, acting as a literal barricade between the sun and your skin. While it's easy to assume that a grey sky will do just as well, UV rays can penetrate clouds to reach your skin. You may not need a heavy coat of SPF 50, but wearing a 15 will help slow the ageing process.



MEN'S HEALTH
DIGITAL MAGAZINE
ON SALE NOW!

AN AGES-OF-MAN SPECIAL
LOOK GREAT IN YOUR 20s 30s 40s

Men's Health

JUNE 2014 | ₹100

THE MAGAZINE MEN LIVE BY

FROM FAT TO FLAT

BEFORE 110 KG
AFTER 68 KG

100 KG 110 KG 85 KG
67 KG 78 KG 68 KG

FOUR MH GUYS LOST THE FLAB AND WON! YOU CAN TOO!

FOODS THAT BOOST ENERGY

GET DRUNK TO DETOX, P43

MORE SEX BETTER SEX
IN YOUR BEDROOM TONIGHT!

TURN STRESS INTO MONEY

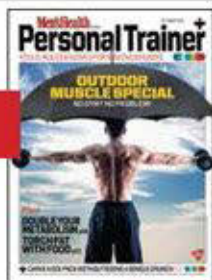
FREE! 32-PAGE BIG MUSCLE GUIDE WITH THIS ISSUE

EARN MORE, WORK LESS

The Men's Health Guy
GAURAV ARORA
"When I was fat, I had no confidence, no friends, no girlfriends." P64

ISSN No. DELONG 2006/10461
Men's Health
www.menshealthindia.com

PLUS! VIDEO GAMES THAT CAN DOUBLE YOUR SEX DRIVE P60!



INDIA'S LARGEST-SELLING MEN'S MAGAZINE WITH NUTRITION SPECIAL AND AN EXCLUSIVE 32-PAGE GYM-FREE MUSCLE GUIDE

Now available on iPad, iPhone, Kindle Fire, Android, PC & Mac

TAP TO DOWNLOAD

Available on the
App Store

ANDROID APP ON
Google play

For all other devices, visit www.menshealthindia.com/digitalmagazine

YOU'VE DONE THE WORK, NOW REAP THE REWARDS

THE SPOILS



crush

SANIA MIRZA

WHY WE LOVE HER,
AND WHY YOU
SHOULD, TOO...

She wouldn't be the first Indian woman to become the world's top ranked doubles tennis player (with her companion, Martina Hengis), had she not been a go getter. And how. Not only has she been in the number one spot from 2003 till today, *Time* magazine listed her as one of Asia's 50 heroes at a very early stage (2005) in her career. Never mind the prizes back home —Arjuna Award followed by the Padma Shri.

To top it all, she has held her head up high for her guilt free choices. Be it her attire for the game, or being the Telengana (state) brand ambassador or even her marriage, where she had to prove her 'Indianness.'

We love her for having no qualms about being greedy for more (success), "I have to win many more grand slams before I retire," says Mirza.

SOHANI DOGRA



RESTAURANT SPY

WHERE *MH* TAKES A NUTRITIONIST ALONG TO CHECK OUT A POPULAR RESTAURANT'S UNDERBELLY. THIS MONTH, IT'S MUMBAI'S ROMANO'S AT JW MARRIOTT

NUTRITION EXPERT PALLAVI SRIVASTAVA PICKS HEALTHY ITALIAN FOOD

WORTH
Feasting

Italian Rendezvous

Savour the taste of authentic Italian herbs and oils, blended well together by this opulent yet quirky Mumbai restaurant

EXPERIENCE THE OLD
WORLD CHARM AT
ROMANO'S



The newly opened Romano Italian restaurant at JW Marriott is a rustic yet modern experience, where the food complements the style in the decor. The Italian chef enthusiastically whips up home-style dishes made of organic foods. You can choose from the Insalata Di Funghi, a salad with fat-free and mineral rich mushrooms tossed in olive oil or the Insalata Romano packed with micro greens, the newest super food rich in anti-oxidants and vitamin C and carotene. From soups, you can either go for the Di Verdure vegetable soup (rich in fibre and antioxidants), or the Minesterone or vitamin D loaded mushroom soup, or the Zuppa Di Funghi to reduce



SOOTHE YOUR
WEARY SOUL WITH
HOMESTYLE ITALIAN

insulin levels with truffle oil, a good source of monosaturated fat. Skip the Capesante Alla Fiorentina, cholesterol and sodium rich ham cooked in butter and the artery clogging Fritto Misto, fried shrimp, calamari and zucchini in spicy sauce.

Instead order the protein rich Polpette, steamed chicken dumplings in tomato sauce, known to reduce the risk of prostate cancer or the pan roasted, high protein Salmone (request without the potatoes), perfect if you are on a diet. "Orecchiette is packed with the goodness of low-calorie, vitamin A rich broccoli or the Omega-3 and protein rich Spigola, steamed bass with iron rich wild asparagus in a light lemon sauce", says Pallavi Srivastava, a Mumbai-based nutritionist. Chicken lovers can get their daily dose of protein from the Pollo Al Forno, a whole roasted pepper chicken or the Pollo Alla Cacciatora, a slow cooked chicken with a dash of fresh herbs. Avoid the cholesterol rich Aragosta, cooked lobster in butter or the Vincisgrassi, a vegetable lasagna made of refined flour, loaded with fatty cream sauce and layers of mozzarella and parmesan cheese. "Order a generous portion of side dishes like the fibre rich asparagus or beans cooked in Ligure, a fruity flavoured olive oil," adds Srivastava. Carrot with fresh herbs, loaded with carotene, omega-3 and omega-6 is also a great option. A tip—choose dishes with fresh cheeses like Ricota or Mozzarella which has lesser calories, fat and sodium compared to hard cheeses like Parmesan and Romano. Save yourself for a very special low-calorie treat — Gelati E Sorbetti, a delicious mango sorbet with no added sugars or creams, a perfect dessert for the summer.

PRACHI SARAF

JW MARRIOTT HOTEL

Mumbai, A Project Road,
Chhatrapati Shivaji International
Airport, Andheri Mumbai - 400099,
India, Call 022 33956233

12 Catchphrases You Should Quit Saying

THERE ARE SAYINGS THAT DRAG ON FOR EONS THAT SHOULD—BUT WON'T—DISAPPEAR. NIX THESE LINES THAT NO ONE WANTS TO HEAR

1 "I meant to..."

Translation: "I thought of you, and then immediately thought of something better." It's not always the thought that counts.

2 "I'm sorry you feel that way"

An apology doesn't need to be long or repetitious. You just need to mean it, and to acknowledge that you were wrong—not that someone thought you were wrong.

3 "I'm not here to make friends"

Reality TV contestants say that to each other all the time. Know when that attitude helps in the real world? Never.

4 "How much do I owe?"

Long division is for the classroom, not the restaurant. Pick up the check once in a while and you won't feel guilty when your friends do it. It all evens out.

5 "Here's what you should do"

Girls are right: You don't have to fix every problem. Listening is its own form of help. So let her (or your buddy) vent, and offer direction only if they ask, "What should I do?"

6 "Anything you scream over loud music"

We're not sure why you're at the show if you're not listening, but rest assured everyone else paid Rs 5,000 to hear David Guetta, not what you had for dinner. And when you scream into somebody's ear, it hurts.

7 "That's not what the rule says?"

Yeah, we know: Games are based on rules. But don't be the killjoy who busts your buddy for taking an extra half step before his layup. Give a little, and everyone has more fun.

8 "Can you help me move?"

It's fun to move friends into dorm rooms, not into real homes. If you have a job, come on: Pony up for movers. Then you can invite your friends over for a housewarming party. You'll be amazed how much beer they're happy to carry in themselves.

9 "I'm a good multitasker"

No, you're not. Nobody is. And as you peck at your BlackBerry under the dinner table, everyone is silently offended. But at least whoever you're writing to is enjoying a lousy e-mail.

10 "When are you going to stop talking?"

Maybe you're not saying it out loud, but we can all see it on your unengaged face. If a conversation bores you, make it better by contributing.

11 "You're wrong"

Healthy disagreement makes you an interesting guy to talk to. Dismissing someone's idea entirely makes you a radio yakker.

12 "Call you back later, okay?"

Men have a hard enough time reaching out. When your friend says, "Hey, I need to talk," he isn't being casual. He's downplaying. And whatever else you're doing can wait. **MH**

FIND ONE TASK TO COMMIT TO, MR MULTI TASKER, AND STICK TO IT!



WORDS: STEVE CALECHMAN; PHOTOGRAPHY: GETTY IMAGES



WWW.INDIATODAY.IN/SEXSURVEYMAGAZINE





**Stay updated
with the India
Today App**

AVAILABLE ON:



iPhone



NOKIA



ANDROID



Windows Phone



Visit www.indiatoday.in/apps for more info.